





THE

KITCHEN



GUIDE





**THE
KITCHEN
GUIDE**

Price 50 Cents.

If miracles thou fain wouldst see,
Lo, error, death, calamity,
The leprous stain, the demon flies,
From beds of pain the sick arise.

The hungry seas forego their prey,
The prisoners' cruel chains give way;
While palsied limbs and treasures lost
Both young and old recovered boast.

And perils perish, plenty's hoard,
Is heaped on hunger's famished board;
Let those relate who know it well,
Let Padua of her patron tell.

The hungry seas forego their prey,
The prisoners' cruel chains give way,
While palsied limbs and treasures lost,
Both young and old recovered boast.

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Catharine V. Ferns

Dominic De Benedictis

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TABLE OF MEASURE.

A speck makes one-quarter saltspoon.

Four saltspoons make one teaspoon.

Three teaspoons make one tablespoon.

Eight tablespoons of dry and solid material make one cup.

Sixteen tablespoons of liquid material make one cup.

Two gills make one cup.

One wineglass makes one-half gill.

One cup contains eight ounces of liquid.

Ten eggs, average size, make one pound.

One-half ounce bottle extract makes twelve teaspoons.

One tablespoon butter makes one ounce.

One tablespoon granulated sugar makes one ounce.

One heaped teaspoon powdered sugar makes one ounce.

One tablespoon flour makes one-half ounce.

Two tablespoons ground spice make one ounce.

Five nutmegs make one ounce.

One quart sifted pastry flour makes one pound.

One quart, less one gill, sifted patent flour makes one pound.

One scant pint granulated sugar makes one pound.

One pint butter makes one pound.

One pint chopped meat, packed, makes one pound.

One cup of rice makes one-half pound.

One cup cornmeal makes six ounces.

One cup stemmed raisins makes six ounces.

One cup cleaned currants makes six ounces.

One cup stale bread crumbs makes two ounces.

It will be best to follow directions on label of box of whatever brand of baking powder is used.

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TABLE OF PROPORTIONS.

One quart of flour requires one pint of butter, or butter and lard, mixed for pastry.

One quart of flour requires one heaping tablespoon of butter for biscuit.

One quart of flour requires two tablespoons of butter for short-cake.

One quart of flour requires one cup of butter for cup cakes.

One quart of flour requires one level teaspoon of salt.

One quart of flour requires three teaspoons of baking powder.

One quart of flour requires one pint of milk for muffins, gems, etc.

One quart of flour requires one scant quart of milk for batters of all kinds.

One measure of liquid to three measures flour for bread.

One teaspoon of soda to one pint of sour milk.

One teaspoon of salt to one pound of meat.

One teaspoon of soda to one cup of molasses.

A spoon means that the material should lie as much above the edge of the spoon as the bowl sinks below it. A heaping teaspoon means that the material should be twice as high above the edge of the spoon as the bowl sinks below it. A level teaspoon should hold sixty drops of water. All dry materials are measured after sifting.

A spoon of salt, pepper, soda, spice is a level spoon.

One-half of a spoon is measured by dividing through the middle lengthwise.

A speck is what can be placed within a quarter-inch square surface.

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TIME FOR BAKING.

Loaf Bread.....	40 to 60 minutes
Rolls and Biscuit.....	10 to 20 minutes
Graham Gems.....	30 minutes
Ginger Bread.....	20 to 30 minutes
Sponge Cake.....	45 to 60 minutes
Plain Cake.....	30 to 40 minutes
Fruit Cake.....	2 to 3 hours
Cookies	10 to 15 minutes
Bread Pudding.....	1 hour
Rice and Tapioca.....	1 hour
Indian Pudding.....	2 to 3 hours
Steamed Pudding.....	1 to 3 hours
Steamed Brown Bread.....	3 hours
Custards	15 to 20 minutes
Pie Crust.....	about 30 minutes
Plum Pudding.....	2 to 3 hours

TIME FOR SUMMER VEGETABLES.

Greens—Dandelions	1½ hours
Spinach	1 hour
String Beans.....	2 hours
Green Peas.....	20 minutes
Beets	1 to 3 hours
Turnips	1 to 3 hours
Squash	1 hour
Potatoes	1-3 hour
Corn	1-3 hour
Asparagus	1-3 hour

This applies to young and fresh vegetables.

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TIME FOR WINTER VEGETABLES.

Squash	1 hour
Potatoes	1½ hour
Potatoes, baked.....	1 hour
Sweet Potatoes.....	¾ hour
Baked Sweet.....	1 hour
Turnips	2 hours
Beets	3½ hours
Parsnips	1 hour
Carrots	1½ hours
Cabbage	3 hours

TIME FOR BROILING.

Steak, one inch thick.....	4 to 6 minutes
Steak, two inches thick.....	8 to 15 minutes
Fish, small and thin.....	5 to 8 minutes
Fish, thick.....	15 to 25 minutes
Chicken	20 to 30 minutes

TIME FOR MEATS.

Beef, underdone, per pound.....	9 to 10 minutes
Beef, fillet of.....	20 to 40 minutes
Mutton, leg, per pound.....	10 to 12 minutes
Mutton, stuffed shoulder, per pound.....	18 minutes
Veal, loin of, plain, per pound.....	15 to 18 minutes
Veal, stuffed.....	20 minutes
Pork, spare rib, per pound.....	15 to 20 minutes
Pork, Loins or Shoulder, per pound.....	20 to 30 minutes
Liver, baked or braised.....	1 to 1½ hours
Corned Beef, per pound.....	25 to 30 minutes
Boiled (simmered) Beef, per pound.....	20 to 30 minutes
Ham, after water or cider begins to boil....	15 to 20 minutes
Bacon, per pound.....	15 minutes
Chickens, baked, three to four pounds.....	1 to 2 hours
Turkey, ten pounds.....	3 hours
Goose, eight pounds.....	3 hours
Duck, tame.....	40 to 60 minutes
Duck, wild.....	30 to 40 minutes
Grouse, Pigeons and other large birds.....	30 minutes
Small Birds.....	10 to 15 minutes
Venison, per pound.....	15 minutes
Fish, long and thin, six to eight pounds.....	1 hour
Fish, thick, six to eight pounds.....	1½ to 2 hours
Fish, small.....	25 to 30 minutes

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CUTS OF BEEF.

- | | |
|----------------------------|---------------------------|
| 1. Head. | 12. Bolar. |
| 2. Sticking Piece. | 13. Bone-end of Shoulder. |
| 3. Neck. | 14. Shin. |
| 4. 2d and 3d Chucks. | 15. Loin. |
| 5. First Chuck. | 16. Flank or Skirt. |
| 6. 1st cut, Standing Ribs. | 17. Rump. |
| 7. Middle cut, Ribs, | 18. Veiny Piece. |
| 8. Back Ribs. | 19. Round. |
| 9. Plate. | 20. Leg. |
| 10. Brisket. | 21. Tail. |
| 11. Butt-end of Brisket. | 22. Pin Bone. |

USES FOR CUTS OF BEEF.

1. Head.
2. Sticking Piece—Soups, Beef Broth, Stews, Corning.
3. Neck—Soups, Stews, Beef Broth, Boiling, Corning.
4. 2nd and 3d Chucks—Brown Stews, Braising, Poorer Roasts.
5. 1st Chuck—Roasts.
6. 1st cut, Standing Ribs—Roasts.
7. Middle cut, Ribs—Roasts.
8. Back Ribs—Roasts.
9. Plate—Stews, Soups, Corning.
10. Brisket—Stews, Soups, Corning.
11. Butt-end of Brisket—Soups, Stews, Corning.
12. Bolar (no bones)—Soups, Stews, Corning.
13. Bone-end of Shoulder—Soups.
14. Shin—Soups.
15. Loin (including Tenderloin and Sirloin)—Roasts and Steaks.
16. Flank, or Skirt—Rolled Steak, Braising, Boiling, Corning.
17. Rump—Roasts and Steaks.
18. Veiny Piece—Soups and Stews.
19. Round—Stews, Beef Broth, Poorer Steaks, Pot Roast.
20. Leg—Soups and Stews.
21. Tail—Soups.
22. Pin Bone—Roasts.

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PREPARATION OF FOOD—COOKING.

The cooking of food has much to do with its nutritive value. Many articles which, owing to their mechanical condition or other cause, are quite unfit for nourishment when raw, are very nutritious when cooked. It is also a matter of common experience that a well-cooked food is wholesome and appetizing, while the same material, badly cooked, is unpalatable. There are three chief purposes of cooking. The first is to change the mechanical condition so that the digestive juices can act upon the food more freely. Heating often changes the structure of food materials very materially, so that they are more easily chewed and more easily and thoroughly digested. The second is to make it more appetizing by improving the appearance or flavor, or both. Food which is attractive to the taste quickens the flow of saliva and other digestive juices, and thus digestion is aided. The third is to kill, by heat, any disease germs, parasites or other dangerous organisms it may contain. This often is a very important matter, and applies to both animal and vegetable foods.

The cooking of meats develops the pleasing taste and odor of extractives and that due to the browned fat and tissues and softens and loosens the protein of the connective tissues, and thus makes the meat more tender. Extreme heat, however, tends to coagulate and harden the albuminoids of the lean portions, and also weakens the flavor of extractives. If the heating is carried too far a burned or charred product of bad flavor results.

Meats lose weight in cooking. A small part of this is due to escape of meat juices and fat, but the chief part of the ma-

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terial lost is simply water. The nutritive value of a meat soup depends upon the substances which are dissolved out of the meat and gristle by the water. In ordinary meat broth these consist almost wholly of extractives and salts, which are very agreeable and often most useful as stimulants, but have little or no value as actual nutriment, since they neither build tissue nor yield energy. The principles which underlie the cooking of fish are essentially the same as with meats.

In many vegetables the valuable carbohydrates, chiefly microscopic starch grains, are contained in tiny cells with thick walls on which the digestive juices have little effect. The heat of cooking, especially with the aid of water, ruptures these walls and also makes the starch more soluble. The heat also caramelizes a portion of the carbohydrates and produces agreeable flavors in this and other ways.

In breads, cakes, pastry and other foods prepared from flour, the aim is to make a palatable and lighter porous substance more easily broken up in the alimentary canal than the raw materials could be. Sometimes this is accomplished simply by means of water and heat. The heat changes part of the water in the dough into steam, which, in trying to escape, forces the particles of dough apart. The protein (gluten) of the flour stiffens about the tiny bubbles thus formed and the mass remains porous even after the steam has escaped. More often, however, other things are used to "raise" the dough—such as yeast and baking powder. The baking powder gives off the gas carbon dioxide and the yeast causes fermentation in the dough by which carbon dioxide is produced. This acts as the steam does, only more powerfully.

Scrupulous neatness should always be observed in keep-

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ing, handling and serving food. If ever cleanliness is desirable, it must be in the things we eat, and every care should be taken to insure it for the sake of health as well as of decency. Cleanliness in this connection means not only absence of visible dirt, but freedom from undesirable bacteria and other minute organisms and from worms and parasites.

If food, raw or cooked, is kept in dirty places, peddled from dirty carts, prepared in dirty rooms and in dirty dishes, or exposed to foul air, disease germs and other offensive and dangerous substances can easily get in.

Food and drink may, in fact, be very dangerous purveyors of disease. The bacteria of typhoid fever sometimes find their way into drinking water, and those of typhoid and scarlet fevers and diphtheria into milk, and bring sickness and death to a large number of people. Oysters which are taken from the salt water where they grow and "floated" for a short time in brackish water near the mouth of a stream, have been known to be infected by typhoid fever germs brought into the stream by the sewage from the houses where the dejections from patients had been thrown into the drains. Celery or lettuce grown in soil containing typhoid germs has been thought to convey this disease.

Food materials may also contain parasites, like tapeworms, in beef, pork and mutton, and trichineae in pork, which are often injurious and sometimes deadly in their effect. This danger is not confined to animal foods. Vegetables and fruits may become contaminated with eggs of numerous parasites from the fertilizers applied to them. Raw fruits and vege-

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tables should always be thoroughly washed before serving if there is any doubt as to their cleanliness. If the food is sufficiently heated in cooking, all organisms are killed.

Sometimes food undergoes decomposition in which injurious chemical compounds, so-called ptomaines, are formed. Poisoning by cheese, ice cream, preserved fish, canned meats, and the like, has been caused in this way. The ptomaines often withstand the heat of cooking.

In some cases it has been found that foods are adulterated with compounds injurious to health, but in which harmless articles of inferior cost or quality are added is more common.

Dainty ways of serving food have a usefulness beyond their aesthetic value. Everyone knows that a feeble appetite is often tempted by a tastefully garnished dish, when the material, carelessly served, would seem quite unpalatable. Furthermore, many cheap articles and left-overs, when well-seasoned and attractively served, may be just as appetizing as dearer ones, and will usually be found quite as nutritious.

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BEEF BROTH.

1 pound lean beef, 1 pint cold water.

Chop the meat very fine and soak it in the cold water 1 hour or longer; put it in a saucepan surrounded by lukewarm water and cook until it has become a reddish brown, stirring all the time. (A small rack should be placed under the saucepan.) Remove from the fire, strain through a coarse strainer and season.

BEEF STOCK.

2 pounds meat and bone, 2 quarts cold water.

Cut the meat into small pieces, crack the bone and soak 1 hour in cold water; then cook at a low temperature for 3 hours. Strain through a cloth. The trimmings and bones of fresh meats or bones or pieces from roasts may be cut into small pieces and used for stock, but no smoked or charred pieces of meat or bone should be used. Stock may be colored with caramel.

SCOTCH BROTH.

3 pounds neck of mutton, 3 quarts of water, $\frac{1}{2}$ cup pearl barley or rice, $\frac{1}{4}$ cup of carrot, $\frac{1}{4}$ cup of turnip, $\frac{1}{4}$ cup of celery, $\frac{1}{4}$ teaspoon of pepper, 1 teaspoon chopped onion, 1 tablespoon of butter, 2 tablespoons flour, 1 tablespoon of salt, 1 tablespoon chopped parsley.

Remove the fat and bone and cut the meat into 1-inch pieces. Soak in 2 quarts of cold water 1 hour, then bring quickly to boiling point and skim. Drain the barley, which has been soaked in cold water over night, and add this to the broth. Cook for 2 hours at a low temperature. While the meat is soaking soak the bones in the other quart of water 1 hour, then heat slowly and boil 2 hours, skim, strain and add liquid to the broth. Add the vegetables and cook until they are soft. Thicken with butter and flour cooked together, add seasoning, and the chopped parsley just before serving.

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PEPPER POT.

Put 2 pounds of tripe into the soup pot and cover it with cold water, and boil until it is tender. Then, take out the tripe, skim and stir the liquid, cut the tripe into small pieces, and put back into the liquid. If there is not enough of this add boiling water. Flavor with $\frac{1}{2}$ teaspoon of sweet marjoram, sweet basil and thyme, 2 sliced onions, sliced potatoes, salt and pepper. When these have boiled until almost tender, add a piece of butter rolled in flour, drop in some egg balls, boil 15 minutes more. Serve hot.

VEGETABLE SOUP

To make vegetable soup, take soup stock and cut up a carrot, onion, celery and a turnip or any other vegetable that can be had, with the exception of sweet potato and parsnips, and let it simmer till they are done. Add pepper and salt to taste.

RICE, BARLEY AND TAPIOCA SOUPS.

In making rice, barley, or tapioca soups, allow 1 teaspoon of either of them to each cup of stock. Soak them over night. Season them with minced onion, thyme and parsley.

You can make bean soup the same way, but use 1 tablespoon of beans.

ASPARAGUS SOUP.

To 1 quart of beef broth use the tips of 1 bunch of asparagus. It is prepared like rice soup.

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SOUPS WITHOUT MEAT.

GENERAL RULES.

These soups are thickened by using butter and flour; this prevents a separation of the thicker and thinner parts of the soup; the butter should be heated until it bubbles, the flour and seasoning added and enough of the hot liquid to make a smooth sauce, thin enough to pour easily; this should be poured into the rest of the hot liquid and cooked in a double boiler until the soup is the proper consistency.

These soups must be served as soon as cooked, and in hot dishes.

POTATO SOUP.

3 potatoes, 1 pint of milk or 1 pint of milk and water, 2 teaspoons of chopped onion, 1 tablespoon of butter, 1 tablespoon of flour, 1 teaspoon of salt, $\frac{1}{8}$ of a teaspoon of white pepper, 2 teaspoons of parsley, celery salt.

Cook the potatoes until soft, drain; cook the milk and onion in a double boiler. Beat potatoes with a wire potato masher, add the hot liquid, strain and return to the boiler; make a white sauce, using this as liquid. Cook 5 minutes and add the chopped parsley just before serving.

BEAN SOUP.

Take 1 cup of beans, soak several hours or over night; put to boil in 1 quart cold water. Slice half an onion, and fry in a tablespoon of butter. Add it to the beans, and simmer 4 or 5 hours, or until the beans are soft, adding cold water so as to keep the quantity 1 quart. Cook together 1 tablespoon each flour and butter, and add to the soup. Season with a tablespoon salt and a sprinkle of pepper and mustard.

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GREEN PEA SOUP.

1 pint or 1 can of green peas, 1 quart of water, 2 table-spoons butter, 2 tablespoons flour, $\frac{1}{2}$ teaspoon of salt, 1-16 teaspoon white pepper, $\frac{1}{2}$ teaspoon sugar, 1 pint of milk or cream.

Wash the peas and cook them in 1 pint of boiling water until so soft, make a white sauce, and cook until it is like thick cream.

In cooking pea and bean soup add a pinch of baking soda before putting in the thickening.

TOMATO SOUP.

1 can tomatoes, $\frac{1}{4}$ teaspoon soda, 1-3 cup butter, 1-3 cup flour, $3\frac{1}{4}$ teaspoons salt, $\frac{1}{2}$ teaspoon white pepper, 1 quart milk.

Stew the tomatoes slowly, $\frac{1}{2}$ to 1 hour, strain and add soda while hot; make a white sauce and add the tomato juice. Serve immediately.

SPLIT PEA SOUP.

1 cup of split peas, 3 quarts cold water, 1 tablespoon chopped onion, salt and pepper to taste.

Wash the peas and soak them over night in 1 quart cold water, drain and rinse thoroughly, add 2 quarts of cold water and the onion. Cook slowly and, when soft, make a white sauce, add this to it and cook it until it is the proper consistency. Cooking a ham bone with the soup improves the flavor.

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CELERY SOUP.

1½ cups celery, 1 pint water, 1 cup milk, 1 cup cream, 2 tablespoons butter, ¼ cup flour, ½ teaspoon salt, ⅛ teaspoon white pepper, ½ teaspoon onion juice.

Cook the celery in the boiling water until very soft; strain and add the hot liquid; make a white sauce and cook until it is like thick cream.

FISH.

Fish must be perfectly fresh and should be kept in a cold place until cooked. Do not put in refrigerator on account of odor. The flesh should be firm and the eyes bright.

The inside and outside of the fish should be thoroughly cleansed with a cloth wet with salt water. The head and tail may be removed. Dry fish need butter rubbed over them before broiling.

When fish is cooked the flesh separates from the bone. It should be served hot, with a sauce or garnished with lemon, hard-cooked eggs or parsley.

Cold, cooked fish may be used in various ways, as creamed, scalloped, etc.

BROILED FISH.

Sear the flesh side first; then, turn every 10 seconds. The length of time for cooking depends on the thickness of the fish. Season with butter, salt and pepper and garnish.

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FISH COOKED IN FAT.

Season with salt and pepper and cover with equal amounts of cornmeal and flour, or crumbs and egg. Cook in deep fat or saute. Drain on paper.

STUFFING FOR FISH.

2 cups bread crumbs, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon white pepper, cayenne, 1 teaspoon onion juice, 1 teaspoon chopped parsley, 1 teaspoon capers or chopped pickle, $\frac{1}{4}$ cup melted butter.

Mix in the order given.

SHAD ROES.

Wash and cook them in boiling water (salted) 10 minutes. Drain and dry, season. Broil or saute.

BAKED FISH.

Sprinkle the fish with salt and fill with stuffing, sew or skewer the edges together. Cut gashes on each side across the fish and put strips of salt pork into them. Grease the baking sheet and place the fish on it, dredge with flour, salt and pepper, put the sheet into a baking pan with pieces of pork fat. Bake every 10 minutes. Serve with a sauce.

FISH COOKED IN WATER.

Steam fish over gently boiling water, or place in a piece of muslin, sew or tie the edges together and put the fish into boiling water, boil 5 minutes; then, add 1 tablespoon salt and cook at a lower temperature until done. Serve with a sauce.

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FRIED TROUT.

Brook trout are usually served fried. After cleaning and drying, rool in flour and fry in butter, or butter and lard. Let the fat be hot, fry to a delicate brown, and serve instantly. Use no seasoning except salt. Lay them side by side in a heated dish.

STUFFED BAKED SHAD.

Follow the directions of baked fish and stuffing for fish.

BAKED SHAD.

Take the shad, clean it and split it down the middle; put it in a pan and place it in the lower oven of the gas stove, under the gas jet. When it is brown remove it to the baking oven till done. This is equal to planked shad.

BROILED HALIBUT.

Butter both sides of the broiler. Season the slices of halibut with salt and pepper, place them in a broiler and cook over clear coals for 20 minutes, turning frequently. Place on hot dish and garnish with parsley.

STEWED CATFISH.

Skin, clean and cut off the heads. Sprinkle with salt and lay in a cool place. Then, cover with cold water in a saucepan and stew gently for 30 or 40 minutes, according to size. Add a small onion, chopped, some dropped parsley, pepper and a paste made of flour and butter. Boil up, take out the fish, and lay in a deep dish, pouring the gravy over the fish. Serve in a covered dish.

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FRIED EELS.

After cleaning the eels well, cut in pieces about 2 inches long, wash them and wipe them dry, roll them in flour or crushed crackers, fry in hot lard. They should be browned all over and thoroughly done.

COD FISH BALLS.

1 cup salt cod fish, $2\frac{1}{2}$ cups potatoes, 1 egg, $\frac{1}{2}$ tablespoon butter, $\frac{1}{8}$ teaspoon pepper.

Wash the fish in cold water and break into small pieces; wash and pare the potatoes and cut in small pieces. Cook the fish and potatoes together in boiling water until the potatoes are soft, drain and shake over the fire until dry; mash with a wire potato masher, add the beaten egg, butter and pepper, add more salt, if needed, and beat until light. Take up the mixture in spoonfuls, mould slightly, and slip them into the fat. Fry until brown.

This mixture can be moulded into cakes and baked in the oven.

SALT MACKEREL.

Soak the fish over night; next morning put in a skillet in cold water. Let come to a boil and pour off water, add more and let come to a scald; take up, spread over with butter, dredge with flour and set in oven to brown.

CANNED SALMON.

Canned salmon may be served cold with any of the fish sauces. For a breakfast dish it may be heated, seasoned with salt and pepper and served on buttered toast, with a dressing of milk thickened with butter and flour poured over it.

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SHELL FISH. FRIED OYSTERS.

Select large oysters, wash and wipe them, remove pieces of shell; season with salt and pepper, roll in fine bread crumbs which have been dried, sifted and seasoned; dip in beaten egg and again in crumbs. They should have 1 tablespoon of water or oyster juice added to it. Fry 1 minute, drain, garnish and serve.

BROILED OYSTERS.

Let these be large and plump. Wipe dry, sprinkle with salt and red pepper and broil on a small gridiron made for this purpose. Butter the gridiron well and have a clear, hot fire. Broil quickly and serve hot, with a small bit of butter on each oyster.

Brown Sauce.

Brown sauce for broiled oysters may be prepared as follows: Heat a cup of oyster juice; stir 2 tablespoons of butter in a pan over the fire till it is a delicate brown; add 4 tablespoons of flour, and well mixed add the oyster juice slowly, and then a cup of hot milk or cream. Season with salt and pepper, and keep over a pan of hot water till needed. A few cloves or a stick of mace may be used to flavor the sauce.

OYSTER PIE.

Take a tin plate half the size of an ordinary dinner plate; butter it, and cover the bottom with a puff paste, as for pies. Lay on it 5 or 6 select oysters, or enough to cover the bottom; butter, and season with a little salt and plenty of pepper; spread over this an egg batter, and cover with an upper crust of the paste, piercing it with a fork. Bake in a hot oven 15 or 20 minutes, or until the top is nicely browned. Repeat this process for each pie.

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SCALLOPED OYSTERS.

1 pint, or 30 oysters, 3 cups of bread crumbs, $\frac{1}{2}$ teaspoon of salt, cayenne, 3 tablespoons of butter, $\frac{1}{4}$ cup of oyster juice.

Prepare the oysters by pouring cold water over them in a colander; remove pieces of shell. Strain the juice through a cloth.

The crumbs used are prepared from the inside of stale bread. The crumbs must be seasoned and added to the melted butter. Place the material in layers, first the bread crumbs, then the oysters, then bread crumbs, then oysters again and the top layer bread crumbs; add the oyster juice, and bake in a moderate oven 30 to 40 minutes. If baked in shells 4 cups of buttered crumbs must be used, and the oysters cut into small pieces. Only 15 minutes will be required for baking in shells.

OYSTER SAUCE.

Boil 25 oysters in their own juice for one minute, stirring steadily. Drain, put back the liquor on the fire; add 1 cup of milk; rub a tablespoon of butter and 2 tablespoons of flour to a smooth paste, and stir in the hot liquid till it thickens. Chop the oysters small, add them to the sauce, season with salt and pepper, and take from the fire. Serve with poultry and boiled fish.

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FRICASSED OYSTERS.

2 tablespoons of butter, $\frac{1}{8}$ teaspoon of white pepper, 1 teaspoon of salt, cayenne, 1 pint or 30 oysters.

Place all the ingredients, except the oysters, in a chafing dish or a covered saucepan. When hot, add the oysters, cover and shake the pan occasionally. When the oysters are plump, drain them and place them where they will keep hot.

Add enough cream to the liquid in the pan to make 1 cup.

Sauce.

2 tablespoons of butter, 2 tablespoons of flour, salt and pepper, 1 cup of cream and oyster liquid, 1 teaspoon lemon juice, 1 egg.

Cook ingredients, except egg and lemon juice, as a white sauce. Beat the egg until light, and pour the hot sauce gradually over it. Add the oysters and lemon juice and, when hot, serve on toast or in patty dishes.

OYSTER STEW.

1 cup of milk, 1 pint or 30 oysters, salt and pepper, 1 tablespoon of butter.

Scald the milk. Cook and strain the oyster juice; then, add the oysters and cook until the edges curl. Add the seasoning, butter and hot milk. Serve at once.

1 tablespoon of flour may be cooked with the butter, as for white sauce.

CLAM SOUP.

Take a pint chopped clams to 1 quart of milk, 2 tablespoons of butter, teaspoon chopped parsley, 3 potatoes, 2 large tablespoons of flour, salt and pepper to taste, and a teaspoon chopped onion. Chop the clams and put them in a colander to drain, pare and chop the potatoes rather fine. Put the potatoes and onions in the milk and boil 15 minutes; then, put in the butter and flour that have been rubbed together till creamy, and cook 8 minutes more. Then, add the parsley, salt and pepper and a dash of nutmeg and cook 3 minutes longer. Now, add the clams. As soon as it boils take off and serve.

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CLAM STEW.

Drain the liquor from 15 clams, heat the liquor in a porcelain saucepan, add 1 tablespoon of flour stirred into 4 tablespoons of butter, 1 teaspoon of salt, 1 pint of cream or milk; let all come to a boil; then, add the clams; if very large, cut in two. If the clams are in the shell, place them on a gridiron over the hot coals, taking them out of the shell soon as open, saving the juice.

DEVILED CRABS.

To the meat of 1 dozen of hard-shelled crabs add pepper, salt, dry mustard and Worcestershire sauce to taste. Heat 2 cups of fresh milk, add 2 tablespoons of butter and 1 cup of bread crumbs and some chopped parsley. Stir and cook a few minutes. Remove from fire and mix with the picked crab meat. Fill each shell, cover with cracker crumbs, with a bit of butter on top. Bake in oven until brown.

LOBSTER CUTLETS.

In making them, meat of a lobster weighing 2½ pounds, cut into small dice and seasoned with salt and pepper; then, 3 heaping teaspoons of flour, added to 3 tablespoons of butter, which has been heated. When the butter and flour are smooth, add a half cup of cream, 1 well-beaten egg and salt and pepper mixed with it. When this boils up once, the mixture taken from the fire, and 1 tablespoon of lemon juice added. The mixture is then poured upon a flat dish and set away to cool. When cold, a tin cutlet mould is buttered and sprinkled with bread crumbs. The cold mixture is pressed into the mould and then turned out. This continue until all the cutlet mix-

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ture is used. The mould only buttered once, being well crumbed each time. The cutlets are now dipped into beaten egg and then in bread crumbs and placed in a frying basket and plunged into boiling fat for about 2 minutes. Part of a small claw in each one to represent the bone in a cutlet.

Make croquettes out of the same mixture, only shape into croquettes.

GENERAL RULES FOR MEAT.

Meat must be weighed, trimmed and wiped with a damp cloth.

Meat should be removed from the paper in which it was wrapped and kept in a cool place.

Only tender cuts of meat should be broiled, pan-broiled or roasted. When meat is to be cooked by any of these methods, it is first seared; then, the temperature slightly lowered; by searing the albumin on the outside of the meat is hardened and the meat is cooked in its own juices.

Tough meat should be cooked in water; boiling water hardens the albumin on the outside of the meat and keeps in the juices. Meat should be put in boiling water and the water allowed to boil for ten or 15 minutes; then, cooked at a low temperature until tender. If the water bubbles it is too hot. All tough meat may become tender if cooked in this way. The time for roasting or cooking meat in water varies with the weight and quality,

Time for broiling meat varies with the thickness of the meat.

Stock and broth are prepared by long soaking in cold

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water and cooking at a low temperature for several hours. Then, cool uncovered.

The meat which remains after straining may be used in any place where cooked meat is used, with the addition of a little fresh meat to give it flavor.

The fat must not be removed from stock or broth, as it excludes the air and prevents decomposition. It must be entirely removed before using stock or broth, and may be used in place of drippings. The trimmings of fat meat should be clarified.

Small globules of fat may be removed from cold broth with a cloth which has been dipped in boiling water, then wrung dry. Fat may be removed from hot broth by using tissue paper or a piece of bread.

COOKING OF TENDER MEAT.

ROASTING.

Skewer meat into shape. Lay it on a rack in a meat pan and place pieces of fat from meat in the bottom of the pan. Place it in a hot oven on the grate for 10 minutes to sear the meat. It may be seasoned with salt and pepper if desired. Remove to the floor oven and baste every 10 minutes until done.

BROILING.

Remove extra fat from the meat. Grease the broiler with some of the fat. Broil over a clear fire; sear and then turn every 10 seconds. Chops 1 inch thick should be cooked 5 minutes. A steak 2 inches thick should be cooked 10 minutes. Season and serve on a hot platter.

PAN-BROILING.

Remove all the fat from the meat. Heat a frying pan very hot, without any fat. Sear all the meat on both sides; then, cook more slowly until done. Stand chops up on edge to brown. Keep the pan free from fat. The time for pan-broiling is the same as for broiling.

POT ROAST.

Four to six pounds from the middle or face of the rump, the vein or the round. Wipe with a clean, wet cloth. Sear all over by placing in a hot frying pan and turning till all the surface is browned. Put in a kettle with one cup of water and place it where it will keep just below the boiling point. Do not let the water boil entirely away, but add only enough to keep the meat from burning. Have cover fitting closely to keep in the steam. Cook until very tender, but do not let it break. Serve hot or cold. The meat, when cold is delicious, cut in quarter-inch slices and sauted in hot butter.

HAMBURGER STEAK.

One pound of flank, or round steak (raw), and chop it very fine. In addition, chop a small onion-fry and mix with meat. Season this with pepper and salt, and form into small cake, not too flat. Fry brown in buttered frying pan.

BEEF LOAF.

Three pounds of round beef and a half-pound of salt pork; chop very fine. 2 eggs, $\frac{1}{2}$ -pint of grated bread, 1 tablespoonful sweet cream, 1 teaspoonful summer savory, 2 teaspoonfuls salt, $\frac{1}{2}$ teaspoonful pepper. Work all together well. Bake 2 hours and baste often.

MEAT PIE.

One pound of good soup beef stewed very tender, chop the beef and three large potatoes very fine; put in beef broth and cook 5 minutes; add pepper, salt and butter to season. Put in baking dish and cover with a rich pie crust. Bake in a quick oven.

ROAST BEEF PIE.

Take small quantity of roast beef left over from previous meal and chop into thin slices. Lay this into a deep dish which you have lined with biscuit dough $\frac{1}{4}$ of an inch thick. Season with pepper and salt, a little butter and a few slices of cold potatoes. Then, continue to make another layer, same as the first, and so on, until the dish is filled; cover the top with paste and bake about half an hour.

MEAT BALLS.

Two pounds of raw beefsteak or veal, chopped; season with pepper, salt, sage and onion, if desired. 1 egg, $\frac{1}{2}$ cup sweet cream and a little flour; stir well, make into balls and fry in butter.

ROLLED STEAK.

Take a round steak, pound, pepper and salt. Take bread crumbs and make a dressing of them and spread over the top of the steak. Roll and tie with a string. Put in pan and roast forty minutes.

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BEEFSTEAK SMOTHERED IN ONIONS.

Season the steak with salt and pepper, dredge with flour, and brown in hot fat. When done on one side turn and put in the sliced onions; cover, and when the onions are done cover with water. Cook slowly 4 or 5 minutes. Or fry the onions separately and, when done, dish the steak and lay them thickly over the top.

DRIED BEEF.

This is commonly served raw, shaved into thin slices, but is more savory if cooked. Put the slices into a frying pan, cover with boiling water; cook for 10 minutes; then, drain and cut into small bits. Return to pan with a little butter and stir into the pan 4 well-beaten eggs for a half-pound meat; stir and toss the mixture for about 2 minutes. Serve in a covered dish.

BOILED CORNED BEEF.

Put the beef in water enough to cover it, and let it heat slowly, and boil slowly, and be careful to take off the grease. Many think it much improved by boiling potatoes, turnips and cabbages with it. In this case, the vegetables must be peeled and all the grease carefully skimmed as fast as it rises. Allow about 20 minutes of boiling for each pound of meat.

SPICED BEEF.

Four pounds of round of beef chopped fine; take from it all fat; add to it 3 dozen small crackers, rolled fine; 4 eggs, 1 cup of milk, 1 tablespoon ground mace, 2 tablespoons of black pepper, 1 tablespoon melted butter; mix well and put in any tin pan that it will just fill, packing it well; baste with butter and water, and bake 2 hours in slow oven.

BROWNED HASH.

Take 1 cup of corned beef, 2 cups mashed potatoes, 1-3 cup boiling water or more, 4 tablespoons fat; season with salt and pepper, add onion juice and chopped parsley. Put the mixture into a frying pan in which 1 tablespoon of the fat has been melted. Spread smoothly; cook over moderate heat, so it will brown slowly and not burn. Cook about 1 half hour and do not stir. Fold like an omelette.

The same mixture may be made into small cakes $\frac{3}{4}$ of an inch thick and browned in the same way.

GERMAN LIVER DUMPLINGS.

One cup of fresh liver, ground; 1 cup bread soaked in water; then, squeezed dry; 1 egg, season with salt, pepper and onion juice. Mix this together, add flour enough to form paste, make into balls, drop them into boiling salt water or water in which a soup bone has been boiling. Cook about 20 minutes.

BOILED DINNER.

Take a soup bone and boil it, add a head of cabbage. Cut in quarters, 2 large onions, 2 turnips, 2 carrots, 2 large potatoes. Keep it 1 hour at a boil; serve hot.

IRISH STEW.

Take 1 pound of lean beef, sear it on a frying pan; then, put it in a pot, cover it with water, season it with salt, pepper, onion juice and thyme. Cook 3 hours on slow fire. After it has been cooking about 2 hours put in 1 quart potatoes, cut in quarters, take $\frac{1}{2}$ cup milk and one tablespoon of flour (just before taking it off the stove), mix it together and let it come to a boil; then, serve.

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BEEF STEW.

Two pounds beef from leg, 1 onion cut in slices, $\frac{1}{2}$ cup turnip cut in dice, $\frac{3}{4}$ cup carrot cut in dice, 4 potatoes cut in $\frac{1}{2}$ -inch slices, 1 teaspoon salt, $\frac{1}{4}$ teaspoon pepper, $\frac{1}{2}$ cup flour, 1 quart water.

Remove fat and cut the meat into 1-inch pieces; put aside $\frac{1}{2}$ cup of the best pieces of meat; put the rest of the meat and the bone into the cold water and soak for 1 hour; then, heat until it bubbles. Season the $\frac{1}{2}$ cup meat and roll it in the flour; melt the fat in a frying pan, remove the scraps; brown the sliced onion and then the floured meat in the hot fat; add both to the stew and cook for 2 hours at a low temperature. Add the vegetables and the flour which has been mixed with $\frac{1}{2}$ cup cold water and cook for 1 hour, or until the meat and vegetables are tender. Remove the bone, season and serve.

SCALLOPED MEAT.

Two cups meat (beef, mutton or veal), 3 tablespoons fat, 3 tablespoons flour, $1\frac{1}{2}$ cups hot milk or stock, $1\frac{1}{2}$ teaspoons salt, $\frac{1}{8}$ teaspoon pepper, onion juice or parsley, 2 cups buttered crumbs.

Put $\frac{1}{2}$ cup of the crumbs in a baking dish, mix the meat and sauce, and pour this into the dish, cover the top with the remainder of the crumbs and brown in a hot oven 20 minutes.

Codfish may be shredded and used in the same way.

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CASSEROLE OF RICE AND MEAT.

Two cups of meat (beef, mutton or veal), 1 teaspoon salt, $\frac{1}{4}$ teaspoon pepper, $\frac{1}{4}$ teaspoon onion juice, 1 teaspoon chopped parsley, 1 egg, $\frac{1}{4}$ cup fine crumbs, 4 cups cooked rice.

Season the meat and mix with the crumbs and beaten egg, add enough stock to make it pack easily. Line a mould or dish with 3 cups rice, fill with the meat, cover with the remainder of the rice, cover tightly and steam 45 minutes. Serve with tomato sauce.

MEAT TURNOVERS.

One cup cold, ground meat or meat and potato, season with thyme, onion juice, salt and pepper. Put in enough gravy and beef stock to wet it. Make a short biscuit crust, roll thin and fill with meat; press edge together, moistening it with cold water. Bake in hot oven.

MEAT DUMPLINGS.

One pint of flour, 2 tablespoons of shortening, 1 cup of milk; roll out thin and cut into circles about the size of a saucer; fill with ground meat; if you have not enough meat add a potato; season with salt, pepper, onion juice and thyme. Steam in steamer about forty minutes.

MEAT CAKES.

One cup cold meat, ground; $\frac{1}{2}$ cup fresh pork, ground; $\frac{1}{2}$ cup bread that has been soaked in water and squeezed dry; 1 egg. Season with onion juice, parsley, salt and pepper. Put in enough flour to thicken them; make into cakes and fry in hot lard until brown.

BEEF KIDNEYS.

Take a kidney and soak it all night in cold water. Put it on the stove and let it boil for 3 hours.

Cut up a potato, 1 tablespoon of shredded, some chopped parsley, salt and pepper to taste; put in about 1 hour before taken off the stove.

Thicken it with 1 teaspoon of corn-starch, steeped in cold milk. Let it come to a boil and then serve.

If you wish you can use this brown gravy instead of the above one: Brown the flour in butter; when it is brown pour on it the juice of the kidney, stir and then put in 1 tablespoon of vinegar to each pint of liquid.

KIDNEYS (Stewed).

Take 2 pairs lamb's kidneys, when perfectly fresh: split in 2 and trim with scissors the fat and sinews from the inside. Cut them in small pieces, put them in a stew-pan, cover with cold water and bring nearly to the boiling point: do this 3 times, each time being sure that the water does not boil or the kidneys will be hard. Put 1 tablespoon of butter in a frying pan and stir until a nice brown: add 1 tablespoon flour, cook 3 minutes, add $\frac{1}{2}$ pint stock, or boiling water, stir constantly with a wooden spoon until it boils: add salt and pepper and the kidneys; let them heat through; take up and serve.

TRIPE.

In whatever way it is to be served, tripe is usually better to be simmered gently, until perfectly tender, in clear water. If it has a strong smell, add a little vinegar to the water and change it several times. Dry carefully on a cloth before boiling or frying.

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FRIED TRIPE.

Cut in bits for serving. Roll them in seasoned flour; then, in egg, and last in very fine bread crumbs. Fry a good brown in deep fat and serve with a leaf of fried parsley on top.

STEWED TRIPE.

One pound of tripe that has not been pickled, wash carefully and cut into inch squares. Put it into a stew-pan with a saltspoon each of salt, sugar and made mustard, with water enough to cover, about 1 pint. Boil up and skim carefully; then, set back to simmer for 3 hours, watching closely, lest it stick to the bottom of the pan, skimming again if needed. Mix a dessert spoon of flour with a gill of cold milk and stir it in; simmer half an hour longer and serve with more seasoning, if liked.

HEART.

Heart can be cooked the same way as beef kidneys.

BAKED HEART.

Take the heart and wash it with salted water, put on and boil it for a half an hour, take it off and stuff it with plain bread filling that is used for poultry. Put in oven and bake.

CALF'S BRAINS.

Put them in cold water in which there is a bayleaf; put it on the stove and bring to a boil, but do not boil; then, take out, separate and roll in cracker crumbs; then, dip them into 1 egg and 1 tablespoon of cold water beaten together; then, again roll in cracker crumbs. Dust salt and pepper over them and fry in deep fat.

Calf's liver, heart and veal cutlet can be treated in this way.

BEEF TONGUE.

Wash the tongue and soak over night in cold water. Put it into a pot of cold water and boil slowly until it is tender to the center. When cold, take it from water, pare off the skin, cut in round slices and garnish with parsley. Tongue is considered better than ham for sandwiches.

CUTS OF MEAT.

MUTTON.

1. Shoulder. Boiling.
2. Breast. Roast, stews, chops.
3. Loin. Best end used for roasts, chops.
4. Neck. Best end, cutlets, stews, pies.
5. Neck. Scrag end, stewing pieces.
6. Head. Not used.
7. Loin. Roasts, chops.
8. Leg. Roasts, boiling.

MUTTON.

Wipe, remove the pink skin and extra fat, and put into boiling water; boil 15 minutes, add 1 tablespoon salt and cook at a low temperature until tender.

BOILED LEG OF MUTTON.

Mutton, water, salt. A leg of mutton for boiling should not hang too long, as it will not look a good color when dressed. Cut off the shank bone, trim the knuckle and wash and wipe it very clean; plunge it into sufficient boiling water to cover it; let it boil up; then, draw the sauce-pan to the side of the fire, where it should remain till the finger can be borne in the

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water. Then, place it sufficiently near the fire, that the water may gently simmer, and be very careful that it does not boil fast, or the meat will be hard. Skim well, add a little salt, and in about 2¼ hours after the water begins to simmer, a moderate-sized leg of mutton will be done. Serve with carrots and mashed turnips, which may be boiled with the meat, and send caper sauce to the table with it in a tureen.

STUFFED LEG OF MUTTON.

Take out the bone and fill the cavity with stuffing made of bread crumbs, seasoned with pepper, salt and a little summer savory, 2 ounces of salt pork chopped fine, and a bit of butter half the size of an egg. Skewer the ends, sprinkle the mutton with a tablespoon of salt and a ½ a teaspoon of pepper; lay it into the dripping-pan with a little water, and put into brisk oven; when it begins to roast put a little butter over it, and dredge it lightly with flour. Watch it very closely; keep an even heat and baste it thoroughly every 15 minutes.

ENGLISH MUTTON CHOPS.

Southdown mutton. Trim off the superfluous fat and skin; the chops cut an inch and a half thick; sprinkle with salt, pepper and flour, put them in a double boiler. Broil over or before a fire until one side is done; then, broil the other side. Do not turn the chops but once. The fire for chops should not be as hot as for steak; chops can be seasoned with salt and pepper, wrapped in buttered paper and broiled ten minutes over a hot fire.

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CURRY OF MUTTON.

Two cupfuls of chopped, cooked mutton, 1 teaspoonful of curry powder, 2 teaspoonfuls of butter, 2 tablespoonfuls of flour, 2 cupfuls of stock, 1 teaspoonful of lemon juice, 1 very small onion, salt and pepper to taste.

Chop the onion fine and brown in the butter with the curry powder. Add the flour, stir until smooth and brown. Add the stock and the meat, and when the sauce has sufficiently thickened, season and serve. 1 cupful of meat and 1 of vegetables may be used, lima beans or peas giving the best flavor.

ROAST SHOULDER OF MUTTON.

Remove the bone and fill the space with a moist stuffing made of bread crumbs, stale bread, highly seasoned with butter, salt, pepper and thyme. Add the yolk of 1 or 2 eggs and enough warm water to soften the bread thoroughly. Put the bones and scraps of meat in a kettle with barely water enough to cover, lay the stuffed shoulder on them and let the whole simmer gently for an hour or more to make it tender. Lift on to the rack in a roasting pan, dredge with salt, pepper and flour and bake an hour or till tender. Use the water in the kettle for basting and for gravy, with a little butter and flour at the last to froth the surface. Garnish with forcemeat balls made from its own trimmings.

SPRING LAMB, MINT SAUCE.

Rub the saddle of lamb with salt and butter, and while roasting baste frequently with the gravy and salted water. Cook 10 minutes to a pound. The sauce is made from young leaves of mint chopped fine, adding two tablespoons of pow-

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dered sugar to three tablespoons of mint; after mixing add six tablespoons of white wine vinegar or cider, pouring it slowly over the mint. In order to extract all the flavor of the mint the sauce should be made in advance of dinnertime.

GRAVY.

Drain off fat from dripping pan, dredge in 2 tablespoons of flour and brown well. Add 1 pint water in which bones have been boiled and rubbed smooth. Add more salt and pepper, if needed, and 1 tablespoon lemon juice. Strain and send to the table in a hot sauce bowl.

LAMB STEWED WITH GREEN PEAS.

Cut the scrag or breast of lamb in pieces and put into stew-pan with just enough water to cover it. Cover it closely and let it stew for 20 minutes. Take off the scum; add a tablespoon of salt and a quart of shelled peas; cover and let them stew for a half an hour; mix a tablespoon of flour and butter and stir in and let it simmer ten minutes: then, serve. If you mix the flour with the cream it makes it better. Veal is good cooked this way, with a half dozen small, new potatoes added with the peas.

IRISH STEW.

About 2 pounds of the neck of mutton, 4 onions, 6 large potatoes, salt, nepper, 3 pints of water and 2 tablespoonfuls of flour. Cut the mutton in handsome pieces. Put about half the fat in the stew-pan, with the onions, stir for 8 or 10 minutes over a hot fire; then, put in the meat, which sprinkle with flour, salt and pepper. Stir 10 minutes, and add the water boiling. Set for 1 hour where it will simmer; then, add the potatoes, peeled. can cook dumplings with this dish, if you choose. They are a great addition to all kinds of stews and ragouts.

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LAMB CHOPS.

Lamb chops are very delicate and tender. Trim off the skin and the greater part of the fat. Lay the meat in a wire broiler and proceed as in broiling steak. A lamb chop 1 inch thick requires from 7 to 10 minutes cooking. They should never be served rare.

LAMB STEW.

Cut the lamb into small squares, first removing the fat. Then, put on in stew-pan, covering with water, and let heat slowly. When partly done add a little sliced pork (salt), 1 or 2 sliced onions, pepper and salt, and 2 or 3 cut up potatoes. Cover and continue to stew till the meat is tender. Then, drop in a few small dumplings, stew 15 minutes more and serve. The gravy should be thickened with a little flour moistened with milk.

SWEETBREADS.

TO CLEAN SWEETBREADS.

Carefully pull off all the tough and fibrous skin. Place them in a dish of cold water for 10 minutes or more, and they are then ready to be boiled. They must always be boiled in slightly salted water with a little lemon juice 20 minutes, no matter what the mode of cooking is to be.

FRIED SWEETBREADS.

Soak sweetbreads in salt and water an hour or more to draw out the blood. Prepare according to the directions given—roll in salted corn meal, fry in hot lard, using enough to cover the bottom of frying pan, cook thoroughly; do not par-boil.

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BROILED SWEETBREADS.

Rub well with butter and cook on a clean gridiron. Turn frequently, occasionally rolling on a plate with some hot melted butter. This keeps them from getting dry and hard.

STEWED SWEETBREADS.

Remove all skin and fat, cover with cold water, and bring to a boil. Pour off the hot water, and cover with cold water until they are firm. Stew a second time with very little water. When tender, add a teaspoonful of butter to each sweetbread, with pepper, salt, chopped parsley and a little cream. Simmer for 5 minutes, and serve in covered dish, with the gravy poured in.

FRIED SWEETBREADS.

To fry sweetbreads, wash carefully and rub dry, lard with narrow strips of fat pork, and lay in a hot frying pan, well greased, and cook to a fine brown. Turn frequently till the pork is crisp.

VEAL.

ROAST VEAL.

Rinse the meat in cold water; if any part is bloody, wash it off; make a mixture of pepper and salt, allowing a large teaspoonful of salt and a saltspoonful of pepper for each pound of meat; wipe the meat dry; then, rub the seasoning into every part, shape it neatly, and fasten it with skewers, and put it on a spit, or set it on a trivet or muffin rings in a pan; stick bits of butter over the whole surface; dredge a little flour

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over, put a pint of water in the pan to baste with, and roast it before the fire in a Dutch oven or reflector, or put it in a hot oven; baste it occasionally, turn it if necessary that every part may be done; if the water wastes add more, that the gravy may not burn; allow 15 minutes for each pound of meat; a piece weighing 4 pounds will require 1 hour.

VEAL CHOPS.

Cut veal chops about an inch thick; heat them flat with a rolling pin, put them in a pan, pour boiling water over them, and set them over the fire 5 minutes; then, take them up and wipe them dry; mix a tablespoonful of salt and a teaspoonful of pepper for each pound of meat; rub each chop over with this; then, dip them, first into beaten egg, then into rolled done, over a bright, clear fire of coals; then, take them on to in hot lard or beef drippings, or broil them. For the broil have some sweet butter on a steak dish; broil the chops until well done, over a bright, clear fire of cials; then, take them on to the butter; turn them carefully once or twice in it and serve.

Or dip the chops in a batter made of 1 egg, beaten, with half a teacup of milk and as much wheat flour as may be necessary. Or simply dip the chops without parboiling into wheat flour; make some lard or beef fat hot in a frying pan; lay the chops in, and when one side is brown, turn the other. When they are done take them up, put a little into the pan, then put in the dish with the chops.

Or make a flour gravy thus: After frying them as last directed, add a teaspoonful of fat to that in the pan, let it come to a boiling point; make a thin batter of a small teaspoonful of wheat flour and cold water; add a little more salt and pepper to the gravy; then, gradually stir in the batter; stir it until it is cooked and a nice brown; then, put it over the meat, or in the dish with it; if it is thicker than is liked, add a little boiling water.

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VEAL LOAF.

Three pounds lean veal, $\frac{1}{2}$ -pound raw ham, 3 eggs, well-beaten; 3 soda crackers, rolled fine; 1 teaspoonful salt, 1 teaspoonful pepper, 3 tablespoonfuls cream, 2 tablespoonfuls boiling water.

Chop the veal and ham very fine; then, add the salt and pepper, the cracker crumbs, the well-beaten eggs, the cream and the hot water. Mix all these together very thoroughly, grease a bread pan and pack the mixture into it, pressing it down firmly. Cover, and bake in a moderate oven 1 hour. Uncover, bake half an hour longer. Serve either hot or cold, in slices.

VEAL POT PIE.

One quart of cold, cooked veal, either roast or braised. Season with scant teaspoon salt, $\frac{1}{2}$ saltspoon pepper, 1 teaspoon shredded onion, pile loosely in a 3-pint or 2-quart pan, fill to almost cover the meat with gravy, stock or water. Cover and set on top of stove while making.

Crust: 1 quart flour, 1 even teaspoonful salt, 2 heaping teaspoonfuls baking powder, 1 heaping tablespoon butter, well rubbed together. Mix as quickly as possible with enough cold milk to make a soft dough. Shape on the board into flat cake to fit the pan. Cut holes to let the steam escape, lay thickly over the boiling meat and bake about 40 minutes in a rather hot oven. While baking make:

Gravy: Put all the bones and scraps into 1 pint of cold water, cover and set where it will simmer as long as possible. When wanted for use brown 1 tablespoon flour in 1 tablespoon butter, strain the hot stock over it, stirring well. Boil 3 minutes, adding more seasoning, if needed, and serve with the pie. If the pie is to be eaten cold, pour this gravy through the crust to bed the pieces of meat in a jelly.

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CALF'S HEAD CHEESE.

Boil a calf's head in water enough to cover it, until the meat leaves the bones; then, take it, with a skimmer, into a wooden bowl or tray; take from it every particle of bone; chop it small, season with pepper and salt; a heaping tablespoon salt and a teaspoon of pepper will be sufficient; if liked, add a tablespoonful of finely chopped sweet herbs; lay a cloth in a colander, put the minced meat into it; then, fold the cloth closely over it, lay a plate over, and on it a gentle weight. When cold it may be sliced thin for supper or sandwiches. Spread each slice with made mustard.

VEAL CAKE.

A few slices of cold roast veal, a few slices of cold ham, 2 hard-boiled eggs, 2 tablespoons of minced parsley, a little pepper, good gravy or stock.

Cut off all the brown outside of the veal, and cut the egg into slices. Procure a pretty mold; lay veal, ham, eggs and parsley in layers, with a little pepper between each; when the mold is full, get some strong stock and fill up the shape. Bake for one-half hour, and when cold turn it out.

VEAL CUTLETS.

Two or 3 pounds of veal cutlets, egg and bread crumbs, 2 tablespoonfuls of minced savory herbs, salt and pepper to taste, a little grated nutmeg.

Cut the cutlets about three-quarters of an inch in thickness, flatten them and brush them over with the yolk of an egg; dip them into bread crumbs and minced herbs, season with pepper and salt and grated nutmeg and fold each cutlet in a piece of buttered paper. Broil them and send them to the table with melted butter or a good gravy.

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CALF'S LIVER AND BACON.

Two or 3 pounds of liver, bacon, pepper and salt to taste, a small piece of butter, flour, 2 tablespoonfuls of lemon juice, $\frac{1}{4}$ -pint of water.

Cut the liver in thin slices and cut as many slices of bacon as there are of liver; fry the bacon first; then, put that on a hot dish before the fire. Fry the liver in the fat which comes from the bacon, after seasoning it with pepper and salt and dredging over it a little flour. Turn the liver occasionally to prevent its burning, and when done lay it around the dish, with a piece between each. Pour away the bacon fat, put in a small piece of butter, dredge in a little flour, add the lemon juice and water, give one boil, and pour it in the middle of the dish.

DRY HASH.

One quart potatoes, cut in quarters, and boil in beef stock. 1 pint of meat, chopped coarsely; season with salt, pepper, thyme and onion. When the potatoes are cooked drain off the stock and mash the potatoes and meat together. Thicken stock with cornstarch and pour over the hash.

VEAL CUTLETS 2.

Sprinkle the cutlets with salt and pepper, dip in beaten egg, roll in cracker crumbs, and fry in hot lard or dripping. A little boiling water may be added to the gravy when the meat is dished and a thickening of brown flour.

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CURING MEATS.

Meat must be properly and thoroughly cooled to insure good keeping qualities when cured. If salted before the animal is out, the shrinkage of the muscles causes the retention of injurious gases, giving an offensive odor to the meat. Neither should be frozen when salted, as the action of the frost will prevent the proper penetration of the salt and uneven curing will result. It is important, also, that curing should begin as soon as the meat is cooled and while it is still fresh. Tainted meat may be cured so that it will keep, but nothing in the line of preservatives can bring back the natural flavor when it is once lost. The safest rule to follow is to salt meat as soon as the animal heat is out, and before it freezes or starts to decay. Ordinarily, 24 hours to 36 hours after slaughtering will allow sufficient time for cooling.

VESSELS FOR CURING.

A clean, hardwood barrel is a suitable vessel in which to cure meat. A barrel made for the purpose is best, but where it cannot be had a molasses or syrup barrel will answer.

A kerosene barrel that has been burned out and used for a water barrel for some time is often used for a meat barrel. The important point is to have it clean and tight enough to prevent leakage. A large stone jar is the best vessel that can be had. The jar is more easily cleaned than a barrel, and is in every way preferable if the first cost can be afforded. A barrel or jar that has once held meat may be used again and again, unless meat has spoiled in it. If used repeatedly it will be necessary to scald it out thoroughly each time before packing with fresh meat.

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PRESERVATIVES.

Salt and sugar or molasses are the best preservatives most commonly used, and are considered the only necessary for perfect curing and the finest quality of cured meats. The proprietary preparations put on the market are dangerous to the health. They are more active than salt, and the chief reason for their use is to hasten the curing process.

Salt is an astringent, and when applied alone to meat renders it very hard and dry. Its action is first to draw out the meat juices. In a few days it will contract and harden the muscle fibres, thus shrinking the volume of meat. Saltpeter is used to preserve the natural color of the flesh, or to give a reddish color, but it is harmful to the health. It is even more astringent than salt. Sugar is not an astringent and its presence in the pickle softens the muscle fibres and improves the flavor of the meat. Saleratus (baking soda) is used in small quantities to sweeten the brine. In warm weather a small quantity will aid in preventing the brine from spoiling.

RECIPES FOR CURING. PLAIN SALT PORK.

Rub each piece of meat with fine common salt and pack closely in a barrel. Let stand over night. The next day weigh out 10 pounds of salt and 2 ounces of saltpeter to each 100 pounds of meat and dissolve in 4 gallons of boiling water. Pour this brine over the meat and dissolve in 4 gallons of boil-
Pour this brine over the meat when cold, cover and weight down to keep it under the brine. Meat will pack best if cut into pieces about 6 inches square. The pork should be kept in the brine till used.

SUGAR-CURED HAMS AND BACON.

When the meat is cooled, rub each piece with salt and allow it to drain over night. Then, pack it in a barrel with the hams and shoulders in the bottom, using strips of bacon to fill in between or to put on top. Weigh out for each 100 pounds of meat 8 pounds of salt, 2 pounds of brown sugar and 2 ounces of saltpeter. Dissolve all in 4 gallons of water and cover the meat with the brine. For summer use it will be safest to boil the brine before using. In that case it should be thoroughly cooled before using. For winter curing it is not necessary to boil the brine. Bacon strips should remain in this brine 4 to 6 weeks; hams, 6 to 8 weeks. This is a standard recipe and has given the best of satisfaction. Hams and bacon cured in the spring will keep right through the summer after they are smoked. The meat will be sweet and palatable if it is properly smoked, and the flavor good.

DRY-CURED PORK.

For each 100 pounds of meat weigh out 5 pounds of salt, 2 pounds of granulated sugar, 2 ounces of saltpeter, and mix them thoroughly. Rub the meat once every 3 days with a third of the mixture. While the meat is curing it is best to have it packed in a barrel or tight box. For the sake of convenience it is advisable to have 2 barrels, and to transfer the meat from one to the other each time it is rubbed. After the last rubbing the meat should lie in the barrel for a week or ten days, when it will be cured and ready to smoke. To cure nicely it is desirable to have a cool and rather moist place in which to keep it. This recipe should not be used where the meat must be kept in a warm and dry place, as the preservatives will not penetrate easily and uniformly.

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PICKLED PIG'S FEET.

Soak the pig's feet for twelve hours in cold water. Scrape them clean and remove the toes. Boil until soft; 4 or 5 hours will usually be required. Salt them when partially done. Pack them in a stone jar and cover them with hot, spiced vinegar. They are served cold, or split and fried in a batter made of eggs, flour, milk and butter.

PORK. ROAST PIG.

Lay a nicely-dressed pig in a tub of cold water all night; in the morning change the water, and let it remain until it is time to roast it; then, wipe it dry, rub the inside well with sage, cayenne and salt mixed, and stuff it with a dressing made of bread crumbs, salt pork chopped fine, pepper, salt, sweet margerum, and an egg. It should be roasted on a spit before the fire; but, lacking convenience for this mode, the pig must be placed (the feet turned under) on a rack in the dripping pan with some water, in which are some sprigs of sage and margerum tied in muslin. Keep it well floured until half done; then, take out, wipe off the flour, return it to the oven and baste well with butter, repeating this several times until the pig is roasted. Serve on a large platter with a potato or a small ear of unhusked green corn in its mouth. The herbs may be taken from the dripping pan, the gravy thickened with flour and seasoned with salt and pepper to taste. Then, serve in a boat. Allow 3 hours for roasting.

HEAD CHEESE.

Cut a hog's head into 4 pieces. Remove the brain, ears, skin, snout and eyes. Cut off the fattest parts for lard. Put the lean and bony parts to soak over night in cold water in order to extract the blood and dirt. When the head is cleaned put it over the fire to boil, using water enough to cover it. Boil until the meat separates readily from the bone. Then, remove it from the fire and pick out all of the bones. Drain off the liquor, saving a part of it for future use. Chop the meat up finely with a chopping knife. Return it to the kettle and pour on enough of the liquor to cover the meat. Let it boil slowly for 15 minutes to a half hour. Season to taste with salt and pepper just before removing from the fire. Turn it into a shallow pan or dish. Cover with a piece of cheese cloth and put on a board with a weight to make it solid. When cold it should be sliced thinly and served without further cooking.

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ROAST PORK.

Prepare pork by washing. Score the skin in lines, forming little squares. Have a moderately hot oven; baste with its own drippings; season with salt and pepper. Time required depends on size of the roast.

SPARE RIB.

Cover the meat with a greased paper until half roasted; then, remove the paper and dredge with flour. In a few minutes baste with its own gravy. Before taking up strew the surface with bread crumbs seasoned with sage, fine chopped onion, pepper and salt. Cook 5 minutes and baste again with butter. Skim the gravy, pour in a half cup of boiling water, thicken with flour, season and pour over the meat.

PORK STEAKS.

Remove the skin and trim neatly. Broil over a brisk fire. Season after taking up with pepper, salt and a little sage and minced onion. Cover and set in the oven for 5 minutes. Spare ribs can be cooked in the same manner.

FRIED SALT PORK.

Cut in quarter-inch slices, take off the rind, freshen, if very salt; fry slowly and evenly till dry. It is a good garnish for fish, fish balls, tripe, etc., and is quite good enough to serve by itself with baked potatoes and a white gravy made like white sause, only the fat from the pork is used instead of butter. If there is much salt in the pan see that it is removed before beginning the gravy.

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LIVER AND BACON.

Prepare the bacon as directed for breakfast bacon. Cut the liver in slices one-third inch thick, parboil for 5 minutes, dry well and roll in seasoned flour. Lay the slices in smoking hot bacon fat and when they are brown on each side they will be sufficiently cooked.

FRIED HAM AND EGGS.

Cut the ham into slices and take care they are the same thickness in every part. Cut off the rind, and, if the ham should be particularly hard and salty, it will be found an improvement to soak it for about 10 minutes in hot water, and then dry it in a cloth. Put it in a cold frying pan, set it over the fire and turn the slices 3 or 4 times while they are cooking. When done, place them on a dish, which should be kept hot in front of the fire during the time the eggs are being poached. Poach the eggs; slip them on to the slices of ham and serve quickly.

BOSTON PORK AND BEANS.

Carefully pick a quart of small, white beans, and let them soak over night in cold water. In the morning wash and drain in fresh water. Set on to boil in plenty of cold water, in which is a piece of soda the size of a bean. After they come to a boil drain again, cover again with water and boil for 15 minutes, or until the skin of the beans will crack when taken out and blown upon. Next, drain the beans, put into an earthen pot, with a tablespoonful of salt, and cover with hot water. Place in the centre of the pot a pound of salt pork, first scalding it with hot water, and scoring the rind across the top a quarter of an inch apart. Place in the oven and bake 6 hours or longer, keeping the oven at a moderate heat; add hot water from the teakettle as needed, so as to keep the beans moist. When the meat becomes crisp and looks cooked remove it, as too long baking destroys the solidity of the pork.

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PORK CHOPS.

Season with salt, pepper, beat up an egg, dip the pork in the egg, then in cracker crumbs or cornmeal, fry in plenty of lard, boiling hot.

SAUSAGES.

3 teaspoonfuls of sifted sage, 2 teaspoonfuls white pepper, $\frac{1}{4}$ teaspoonful of allspice, 2 pounds of lean, fresh pork, 1 pound of fat, fresh pork, 3 tablespoonfuls of salt.

Chop the meat, fat and lean together, very fine, and mix thoroughly with the seasonings. Make cotton bags the desired shape and length, dip them in a strong brine and dry. Attach the sausage stuffer to the meat chopper, and with it press the meat into the bags as closely as possible; tie the bags tightly and hang in cool place. When using sausage from these the end should be turned back and, after the desired amount has been cut off, tie closely again. Cut the sausage in slices and saute until brown.

SCRAPPLE.

Separate one small hog's head into halves. Take out the eyes and brains and thoroughly clean the head. Put it into a large kettle, cover with 4 or 5 quarts of cold water and simmer gently for 2 or 3 hours, or until the meat falls from the bones. Skim the grease carefully from the surface, remove the meat, chop fine, and return it to the liquor. Season it with 1 teaspoonful of powdered sage, salt and pepper. Sift in granulated cornmeal, stirring constantly until it is the consistency of soft mush. Cook slowly for 1 hour, watching carefully, as it scorches easily. When cooked, pour into a greased, oblong tin and put in a cold place. Cut in thin slices and fry crisp and brown.

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BOILED HAM.

Soak over night and wash hard next morning with a stiff brush or coarse cloth. Put on with plenty of water. Do not boil too fast; allow 15 minutes to each pound. Do not remove skin until cold. Prepare for table by garnishing with dots, pepper or dry mustard, and with parsley around the sides.

ROAST HAM.

Wash and scrape carefully and soak in cold water 24 hours. Scrape again and dry thoroughly. Make a dough with 2 quarts of flour and water enough for a stiff paste. Roll this into a sheet large enough to wrap the ham; fold the ham in it and place it on meat rack in the dripping pan. Bake in a moderate oven 6 hours; on taking from oven remove the paste and skin, sprinkle with fine crumbs and return to the oven for half an hour. Dust very carefully with cayenne pepper and baste every 5 minutes with wine, using 1 cup claret and 2 tablespoonfuls sherry. It will be delicious either hot or cold, and is especially nice if served hot with champagne sauce.

BOILED HAM.

Cut in thin slices, soak well in scalding water, wipe dry, and lay in cold water for 5 minutes. Wipe again and broil over a clear fire. Pepper before serving. To fry ham prepare as for broiling, and cook in a hot frying pan, turning often. Serve with or without gravy.

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POTTED HAM.

When ham is boiled there is often much waste of the harder portions and of pieces that do not make presentable slices. Take them while fresh and mince until a smooth paste so that the fat cannot be distinguished from the lean; there should be one-third fat. Allow 1 pepperspoon cayenne to each pound of meat and salt to taste. Heat thoroughly and pack firmly in small pots.

BAKED HAM.

Boil a 10-pound ham in water enough to cover; to this add 2 pounds of brown sugar. Boil 3 hours, then skim. Mix a tablespoonful of dry mustard and one of sugar, sprinkle over the fat side and bake from $\frac{3}{4}$ to 1 hour.

DEVEILED HAM.

Take cold roast ham; chop fine; make a dressing of pepper, mustard and vinegar; mix thoroughly with ham. This is very suitable for sandwiches.

PORK PIE.

One pound of pork chopped in small pieces, 4 good-sized potatoes chopped in squares, cover with water and cook till tender. Cook meat awhile before putting potatoes in. Make a gravy to pour over; save out some of this gravy, to pour over when baked. Make a short crust same as for pies with a little baking powder in it. Line a small bread-pan with crust, put in the meat and the gravy, cover with upper crust and bake till brown.

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BREAKFAST BACON.

Remove the rind, slice as thin as paper with same machine that is used to slice dried beef. Lay the slices in a cold pan and set them over a moderate fire. Watch and turn often, and as soon as they look opaque, tilt the pan, draw the slices up from the grease to dry and transfer to a thick brown paper to drain before laying them on the platter. They should hardly grease the fingers and should be perfectly crisp.

TRYING OUT LARD.

Only the best of fat should be used for choice lard. Leaf fat is the best. The back strip of the side also makes nice lard, as do the ham, shoulder and neck trimmings. Gut fat should never be mixed with the leaf and the back fat. It makes a strong-smelling lard and should be kept separate. All scraps of lean meat should be cut out of the fat before trying out, as they are very likely to stick to the kettle and get scorched, giving an unpleasant flavor to the lard. When preparing the fat for trying cut it into pieces from 1 to 1½ inches square. They are nearly equal in size, so that they will try out in about the same time. Fill a clean kettle about $\frac{3}{4}$ full and put in a quart of water, or, if convenient, a quart of hot lard. One or the other is necessary to prevent the fat from burning before the heat is sufficient to bring out the grease. Keep the kettle over a moderate fire until the cracklings are brown and light enough to float. Frequent stirring will be necessary to prevent burning. When done remove from the stove and allow to cool slightly, and then strain through a muslin cloth into a

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large jar. Stir occasionally until it is cool enough to begin to solidify. If pails or smaller jars are to be filled the lard should be dipped out while just warm enough to be liquid. Stirring while the lard is cooling tends to whiten it and make it smoother. A $\frac{1}{4}$ of a pound of saleratus added to each 100 pounds of fat has a like effect.

CLARIFIED FAT.

Remove the tough outside skin and lean parts from beef fat (cod fat or suet) or pork fat, and cut the fat into small pieces. Put it into a saucepan and cover it with cold water. Place it on the stove uncovered so that the steam may carry off the impurities. When the water has nearly all evaporated set the kettle back and let the fat slowly try out. When the fat is still and the scraps of skin are shriveled at the bottom of the kettle, strain the fat through a cloth and set away to cool. Render 2 pounds of beef suet and pour it over 3 pounds of lard. This is excellent for cooking in deep fat.

COOKING IN DEEP FAT.

The fat used for cooking may be olive oil, cottonseed oil, cottolene, beef drippings, lard, or a mixture of several fats.

The food must be covered with crumbs and egg, or a batter, to keep it from absorbing fat.

Place the articles to be cooked in a bath of fat, deep enough to float them. The kettle should be of iron; a frying basket may be used. Foods already cooked or needing little cooking, require a higher temperature than batters. The temperature of the fat for oysters, croquettes, fish balls, etc., may be tested by browning a cube of bread while counting forty. Counting sixty while the bread browns gives the right tem-

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perature for all batters.

All articles cooked must be drained on unglazed brown paper or a blotter.

When one quantity of food has been taken from the fat, it must be reheated and tested before adding a second set.

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In the absence of a frying basket, a wire spoon may be used to remove the food from the fat.

Fat which has been used for frying, should be cooled and clarified by cooking a few slices of raw potato in it for 10 minutes, strain through muslin and, when cold, cover. Fat may be used several times for frying and then may be used in making soap.

RICE CROQUETTES.

One pint cold, cooked rice, 2 or 3 tablespoons milk, 1 egg, 2 tablespoons butter, $\frac{1}{2}$ teaspoon salt, 1-16 teaspoon white pepper, cayenne, 2 tablespoons chopped parsley.

Warm the rice in a double boiler, with enough milk to soften it. Add the butter, seasoning and beaten egg, and cook until the egg thickens. Spread the mixture on a shallow plate to cool, then shape into rolls. Roll in fine bread crumbs which have been seasoned with salt and pepper; dip in egg, and roll in crumbs again. Cook in a deep fat until brown.

CHICKEN CROQUETTES.

Three and one-half cups chopped chicken, onion juice, 1 tablespoon parsley, 2 teaspoons lemon juice. Make 1 pint of very thick cream sauce:—1 pint of cream and milk, $\frac{1}{4}$ cup butter, $\frac{1}{2}$ cup flour, $1\frac{1}{2}$ teaspoons salt, $\frac{1}{2}$ teaspoon white pep-

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per, 1 teaspoon celery salt, cayenne.

Chop the chicken very fine, and add sauce to make it as soft as can be handled. Cool as in making rice croquettes and shape and cook in the same way.

Sometimes a beaten egg is added to the sauce before mixing it with the meat. Beef and veal may be used in place of chicken.

TO DRESS AND CLEAN POULTRY.

Singe by holding the chicken over a flame from gas, alcohol or burning paper.

Cut off the head, turn back the skin, and cut the neck off quite close; take out the wind-pipe and crop, cutting off close to the body. Cut through the skin around the leg 1 inch below the leg joint; take out the tendons and break the leg at the joint; in old birds each tendon must be removed separately by using a skewer.

Remove pin feathers with the point of a knife. Remove oil-bag from the tail.

The internal organs are not always removed before the chicken is sold. If they have not been removed, make an opening under one of the legs, or at the vent, and remove them carefully, leaving a strip of skin above the vent. The intestines, gizzard, heart and liver should all be removed together; care must be taken that the gall bladder, which lies under the liver, be **not** broken; it must be carefully cut away from the liver. The lungs and kidneys lying in the hollows of the back-

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bone must be carefully removed. Press the heart to extract any blood. Take off outer coat of gizzard; this, with the heart and liver, constitutes the giblets, to be used for making the gravy. Wash the giblets, put into cold water, heat quickly and cook until tender. The liver requires only a short time for cooking.

Cleanse the chicken by wiping thoroughly inside and out with a damp cloth. Stuff and truss for roasting, or cut into pieces for stew or fricassee.

TO CUT A CHICKEN TO PIECES.

Cut off the leg and separate at the joint into the drumstick and second joint. Cut off the wing and remove the tip; separate the wing at the middle joint. Remove leg and wing from other side. Separate the wishbone, with the meat which is on it, from the breast; cut through the ribs on either side and separate the breast from the back; cut the breast in half lengthwise, and the back through the middle crosswise. The side bones may be cut apart lengthwise with a cleaver. There should be twelve pieces. The neck and the tips of the wings may be cooked with the giblets and used for making gravy.

If the chicken is to be stewed, cover the pieces with boiling water and cook at that temperature for 15 minutes. Then, add 1 tablespoon salt, and cook at a low temperature until tender. Serve with a sauce.

SAUCE FOR CHICKEN.

2 tablespoons of butter, $\frac{1}{4}$ cup of flour, 1 teaspoon of salt, $\frac{1}{8}$ teaspoon of pepper, 1 pint of stock or more, yolks of 2 eggs, 2 tablespoons of chopped parsley.

Prepare the sauce in the usual manner, and pour it over the well-beaten yolks of the eggs.

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BOILED CHICKEN.

Dress and clean. Place in kettle of boiling water deep enough to cover, and with a fowl weighing 4 pounds boil a pound of fat bacon. Skim carefully when it begins to cook and, after the scums cease to rise, set it back to simmer gently for 3 hours or more, until ready to fall apart. Add a handful of rice and a cup of milk to make it look white, and keep it under water with an inverted deep plate. Add more salt, if needed, about a half an hour before taking it up. Lay on a hot dish while the liquor is reduced to rather more than a pint, skim off all fat, add chopped parsley, celery and thyme and hard-boiled eggs, chopped fine, if liked, and send to table in a sauce bowl.

ROAST CHICKEN.

Cut through the skin of the leg an inch or two below the joint; break the bone by a light blow with the back of the cleaver and draw out the tendons; leave the bits of leg bone on till the fowl is roasted; it is much easier to fasten them in position and they can easily be taken off before serving.

If the breast stands high and there is danger of scorching it, cover with a buttered paper. It will take to roast a chicken weighing 3 to 4 pounds 1 to 2 hours.

For stuffings see page —

STEAMED CHICKEN.

Wipe very dry after cleaning. Rub salt, pepper and plenty of butter in the cavity of the body; fill with large oysters, well-

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seasoned with salt, pepper and celery salt. Tie the legs and wings close to the body and lay in a small dish as will hold it, and set in a steamer to cook 4 hours. Meantime cook a pint of chopped celery till it will rub through a puree sieve. Make a pint of white sauce with the liquor of the oysters, add the celery to it and pour it over the fowl on the platter. Garnish with curly parsley and serve with baked sweet potatoes and boiled rice. This is a delightful way to cook a turkey.

CHICKEN POT PIE.

Cut the chicken into nice pieces for serving, drop them into just enough boiling water to cover and skim carefully at first. Set back to simmer, closely covered, until tender, taking care that it does not boil dry. While it is cooking cut off 1 pound of light bread dough, work into it a large tablespoon of butter, shape it into small dumplings and set them to rise; wash and pare potatoes, cutting to about half the size of an egg. Parboil for ten minutes in salted water and add them to the chicken when nearly done. It is well to taste and add more seasoning at the same time, if it is needed. When the potatoes begin to boil, lay on the dumplings, first adding a cup of cold water or milk, to check the boiling and give the dumplings a chance to rise. Cover very close and do not open the lid till they are done, which will be from 20 to 30 minutes. Test them by taking out one and breaking open to see if it is cooked through. If one likes the dumplings dry and very light, they may be cooked in a steamer quite separate from the meat and potatoes. Make a gravy as for chicken pie, adding more water or milk, as may be needed—a baking powder dumpling can be

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used instead of raised dough and sponge balls given to go with soup are excellent with pot pie. Some recipes call for onion, carrot and turnip, but such strong flavors are too much for the chicken and are better suited to beef and mutton stews. A tablespoon of rice and a half a cup of tomatoes are the only vegetables recommended.

CHICKEN POLOE (Chicken and Rice).

Take a pint of rice, boil it in as much water as will cover it; when your rice is half boiled, put in your chicken, with a small onion, blade or two of mace, some whole pepper, and some salt; when it is tender, put the chicken in the dish and pour the rice over it.

CHICKEN PIE.

Divide the chicken into pieces at the joints, boil until part done, about 20 minutes; then, take it out, fry 2 or 3 slices of fat salt pork and put in the bottom; then, place the chicken on with 1 cup of water, 2 ounces of butter, 1 teaspoon of salt, pepper to taste and cover the top with a light crust, the same as for biscuit. Bake in an oven that is hotter at the top than at the bottom, and when well-risen and brown cover with a paper or the crust will burn before the pie is baked through. Remove fat from the water in which the chicken was boiled, thicken with a little flour, season to taste, add 1 cup of good cream and, when pie is done, pour this gravy through the holes in the crust.

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CHICKEN TURNOVERS.

Chicken turnovers are a pleasing variety of chicken pies. Roll out trimmings of puff paste or any good pastry, and cut in rather large rounds. Have ready some cooked chicken, chopped fine and highly seasoned; a little finely minced ham is an improvement. Moisten with its own gravy, if you have it; if not, cream will answer. Lay a tablespoon of the mixture on one-half the paste, fold the other half over it, press the wetted ends closely together and bake in a quick oven or fry in hot fat, according to convenience. When fried they are called Rissoles.

CHICKEN FRICASSEE.

White. Prepare the chicken by general directions, brown in butter; it should be done over a quick fire, but not allowed to take much color; cover with boiling water and simmer till tender; a year-old chicken should not need more than 40 minutes; reduce the stock to 1 pint and use it to make a sauce with 1 tablespoon of butter and 2 tablespoons of flour. Season with $\frac{1}{2}$ teaspoon celery salt, 1 teaspoon lemon juice, salt and pepper as needed. Add 1 cup hot cream and pour the sauce slowly over 1 well-beaten egg; stir well and put on a hot platter; arrange the pieces of chicken in something like the order in which they grow, garnish with toast points and 2 sprays of parsley laid in the center of the dish.

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FRIED CHICKEN.

Chickens will do for frying up to 6 months old if they are plump and in good condition. Clean, singe and wipe with a wet cloth. Cut them in quarters, and season with salt and pepper, roll them in flour and fry in hot fat from salt pork until brown on both sides. Cover closely and set back to cook slowly till done, about 20 minutes more; dissolve the glaze with 2 or 3 tablespoons water and pour over the chicken. Serve with corn pone, if you can get sweet, soft cornmeal and have an open fire; if not, with some other form of cornbread.

CHICKEN PUDDING.

Clean and cut 1 chicken in small pieces; simmer in a closely covered kettle till it begins to grow tender. Then, take out and lay in a baking dish, seasoning well with salt and pepper. Have ready a batter of 1 pound of flour, 1 teaspoon of salt, 1 quart of milk and 6 beaten eggs, light; pour this mixture over the chicken, dredge thickly with flour, lay on bits of butter and bake in a moderate oven until set and a delicate brown. Make a good gravy with the water in which the chicken was cooked and serve with the pudding.

POULTRY STUFFING.

No. 1. For an 8-pound turkey take 1 quart stale bread crumbs; they should be of uniform size; moisten with $\frac{3}{4}$ cup of butter, melted; season well with pepper and salt, use fine herbs, if desired, but the flavor of chicken and turkey is too delicate to be covered with much seasoning.

If the fowl is very large and a good deal of stuffing is liked, the body may be filled with thin slices of bread well-

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buttered, sprinkled with seasoning and dipped lightly in stock. Do not crowd either crop or body or the stuffing will be heavy.

No. 2. Soak 4 ounces dried bread in cold water until soft, press out all the water, add 4 ounces fine sausage meat, 1 tablespoon each of parsley and of onion chopped and parboiled, 2 ounces of butter, 1 teaspoon salt, $\frac{1}{2}$ teaspoon pepper, a dash of nutmeg and 2 well-beaten eggs. If the sausage is quite fat the butter may be omitted, or chopped salt pork may be substituted with rather more seasoning. If one objects to pork in any form, use a full cup of butter and an extra cup of coarse crumbs.

A rich variation is as follows: Chop the liver with 1 small onion and brown lightly in a very little butter; mix them with 1 pound of sausage meat and 3 dozen chestnuts, boiled and blanched.

No. 3. Stuffing with chestnuts. Remove the sinews from $\frac{1}{2}$ -pound raw, lean veal, and the strings from the same weight of leaf lard; chop them separately till very fine, then pound vigorously till well blended; moisten $\frac{1}{2}$ -pint broth, add 1 teaspoon salt, 1 saltspoon pepper, 4 dozen chestnuts, blanched and boiled; fill the turkey, breast and body. 1 cup of the cooked chestnut crumbs may be reserved, mashed, sifted and used to thicken the gravy, this should be lightly browned, not to cover the chestnut flavor.

No. 4. For roast chicken of 3 or 4 pounds, take 1 cup coarse bread crumbs, moisten with butter, from $\frac{1}{4}$ to $\frac{3}{4}$ cup, season well with salt, pepper and thyme.

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ROAST TURKEY WITH OYSTERS.

Clean a turkey and lay it in a dripping pan; prepare a dressing of stale bread, composed of 1 quart of bread crumbs and 1 cupful of butter, and water enough to moisten. Add this to 2 dozen of oysters and pepper and salt to taste. Mix all and stuff the turkey with it; and put butter over the outside; put some water in the dripping pan, set it in the oven and bake until done, basting quite often. Never parboil a young turkey.

GRAVY FOR TURKEY.

When the turkey is put in to roast, place the neck, heart, liver and gizzard in a stew-pan with a pint of water, and boil until they have become quite tender. Then, chop the heart and gizzard, mash the liver, and throw away the neck. Return the chopped meat to the liquor in which it was stewed. When the turkey is done this material should be added to the gravy that dripped during the roasting, the fat being first skimmed from the surface of the dripping pan. Set it then over the fire, boil 3 minutes and thicken with flour. Brown flour will not be needed to color the gravy. The garnishes for turkey or chicken are fried oysters, thin slices of ham, slices of lemon, fried sausages, or forcemeat balls. Parsley is also used.

ROAST GOOSE.

Clean and wash thoroughly, rinse well in a clear water, wipe dry inside and out. Chop an onion fine, blanch and drain, fry with a little butter, mix it with well-seasoned mashed potatoes, adding sage, if liked; truss and roast for 2 hours for a medium size, covering breast with a buttered paper for the first hour. Soak the giblets in salted water, scald, cook gently until tender in a little water, chop and add to gravy. For this

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the fat should all be poured from the dripping pan and fresh fat added; butter, pork fat or dripping, according to taste; brown 2 level tablespoons of flour in it, blend with 1 pint strong stock. Pour this upon a hot platter, lay on the goose and garnish with apples cooked as follows: Take small, round, sour apples, pare smoothly and brown in butter and sugar; 1 tablespoon of each will do for 6 apples. Stew in broth enough to barely cover and take out as soon as tender; boil the broth to a glaze and roll the apples in it.

ROAST DUCK.

To really enjoy domestic duck they should be kept in a small pen for a day or two and fed on barley meal or cracked wheat, with plenty of fresh water to cleanse them before they are dressed. As a general rule, 2 small, young ducks make a better dish than a large drake, the flesh of which is hard and dry and best adapted for a stew, salmi or braise. Clean and truss according to general directions, except that the feet are generally scalded, skinned and twisted across the back, while the pinions and long neck are entirely removed. Stuff and skewer the wings close to the side to make the breast as plump as possible. Roast from 30 to 45 minutes, basting often and dredging with flour. Serve with a brown gravy and with apple sauce as a side dish.

IRISH STEWED DUCK.

Singe, draw and cut into 8 pieces each 2 spring ducks. Season with pepper and salt and fry to a light brown on both sides in butter. Add a sliced onion and 4 ounces raw, lean ham, cut in dice. As soon as these have browned a little, dredge with $1\frac{1}{2}$ ounces of flour and fry again till the flour is

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brown; then, add $1\frac{1}{2}$ pints of beef broth, a gill of port wine, a bunch of parsley and sweet herbs to taste, cover closely and cook $\frac{3}{4}$ of an hour. Remove the herbs, skim off all the fat and serve in a potato border.

BOILED QUAIL.

Quail, split in the back and broiled over a bright fire, with a dressing of salt, pepper and butter, make an excellent dish. Care must be taken not to cook them too fast, or the surface will be scorched before the bird is fairly warmed through. The fire should not be too hot or the gridiron rest too near it. In all cases game should be served on hot dishes.

ROAST PIGEONS.

Prepare exactly according to directions for roast chicken, but unless they are surely young and fat, they are much better to be steamed for 30 to 40 minutes before putting them into the oven. Use a generous measure of butter, as the meat is rather dry.

BREAD.

Bread, good bread, is of pre-eminent importance and should receive our first consideration. If you have good bread other food can be added very easily; but without good bread everything else is as nothing. There need be no morsel of bread wasted, recipes will be given for using all that has become dry and stale.

HOW TO DISTINGUISH GOOD FLOUR.

To make good bread you must have the best flour, which is far more satisfactory and economical in the end. The best flour is yellowish-white; when handled it is lively and will stick to the fingers.

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TO MAKE GOOD BREAD.

Next in importance to good flour is good yeast or emptings. Flour should always be sifted and put in a warm place, to get thoroughly warmed and dried before the sponge is made. Bread is much better and more tender wet with milk than with water, and requires less flour and less kneading. Some prefer a little shortening. In making good bread, great care must be taken of it, mixing, kneading and baking, all require the closest attention.

If milk is used, it must be new, and in warm weather it must be scalded, and then cooled until but lukewarm; the batter must be of the right temperature when the yeast is put in; if hot, the life of the yeast is destroyed; if cold, much time is lost in rising.

If you cannot use all milk for wetting the flour, a part milk is better than all water. If liked, put half a cup of shortening, melted, in the wetting, to 1 large loaf, or added to the sponge after it has risen the first time. One cup of yeast to every 2 loaves. The dough should be kept warm from the time it is mixed until it is baked; it will rise quicker and it will be better for it. Mix the sponge stiff; if set at night in cold weather, put it where it will keep warm, otherwise you had better wait till morning—in summer the natural heat is sufficient. If the sponge is set at night and kept warm it will be light in the morning and should be kneaded at once in one large lump; then, let it stand to rise again, when light mold into

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loaves. The more bread is kneaded before forming the loaves, the better it will be, but it should be kept as soft as possible, using as little flour as you can; when the loaves are formed put them into well-buttered pans or in rows in one large pan. Set the pans in a warm place for an hour, with a cloth thrown over them to exclude the air and dust; then, bake in an oven not hotter than you can hold your hand in while counting thirty; keep a uniform fire. When baked, which will require about an hour, let it stand in the pans a few minutes; then, turn out and place in an upright or standing position.

Do not cover the bread up in cloths; it spoils the taste; turn the pans, and let it rest against them without covering.

When cold put it away in a well-aired, clean stone crock, and keep it closely covered. Keep it in a cool place. You can add mashed boiled potatoes to any kind of bread and it will improve it, one teacup of potato to every loaf. Dry bread can be used; first remove the crust; then, moisten it in the wetting, proportioning a half loaf of the dry bread to two of new.

HOP YEAST.

This yeast will keep a long time; 6 potatoes, double handful of hops, 3 tablespoons of flour, 3 tablespoons salt, 3 tablespoons yeast, 2 tablespoons sugar, 1 tablespoon ginger. Tie the hops in a coarse muslin bag. Boil in 2 quarts of water. Grate the potatoes; pour on them the hop water, boiling hot, of which there must be 1 quart, which forms a starch; add the flour, salt, sugar, ginger, stir thoroughly and set aside until lukewarm; then, add 3 tablespoons of good yeast; set it in a warm place to rise; when light and spongy, which will take

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about 3 or 4 hours, put it in a jug that can be corked airtight, and keep it in a cool place. After the first time some of the yeast can be saved to raise the next with.

SALT RISING, OR EMPTINGS.

Pour a pint of boiling hot water into a 2-quart bowl or pail on a $\frac{1}{2}$ teaspoon of salt, $\frac{1}{2}$ teaspoon of sugar; when the finger can be held in it, add enough flour to make a stiff batter; mix well and set it in a warm kettle of water; keep it at the same temperature until the batter is nearly twice its original bulk, which will be in 5 to 8 hours. It may be stirred once or twice during the rising. The salt rising can be set at night, the kettle being left in a warm oven, and will be risen by morning. Add this to a sponge made of 1 quart of warm water and $2\frac{1}{2}$ quarts of flour, adding as much more as may be necessary to make a soft dough; mix well, and leave it in a warm place to rise; when light mold into loaves, keeping as soft as possible; lay them in buttered tins and when light, prick and bake.

BREAD.

GENERAL RULES.

Use flour containing a large per cent. of gluten, or a flour called wheat flour.

Flour should be kept in a dry atmosphere. It makes better bread if heated just before using it.

If milk is used heat it to prevent souring.

Milk and water are both used lukewarm.

The yeast must be fresh.

Half cake of yeast should be used with 1 quart liquid, if

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the bread is set at night.

One cake of yeast should be used with 1 quart of liquid, if set in the morning.

Dissolve 1 yeast cake in 1 cup lukewarm water.

Loaves of bread should be baked 1 hour or more in a hot oven.

Place on the grate 10 minutes; then, remove to the floor of the oven.

The heat of the oven should increase slightly during first 20 minutes and should be kept even for 20 minutes and should decrease during last 20 minutes. When baked, the loaves should be cooled, uncover on a wire rack.

Biscuits require more heat than loaves of bread.

Bread should be kept in a clean tin box and not exposed to moisture.

BREAD.

Two cups milk or water, 2 teaspoons salt, 2 teaspoons sugar, 1 tablespoon lard or butter, $\frac{1}{2}$ cake compressed yeast, $\frac{1}{2}$ cup water, flour.

Put the water or milk, salt, sugar and fat into a bowl; add the yeast, then the flour gradually. When stiff enough to handle, turn the dough out on a floured board and knead until soft and elastic. Put back into the bowl, moisten, cover and let it rise in a warm place until double its bulk; then, divide into loaves, or shape into biscuits. Allow these to rise in the pan in which they are to be baked. Cover the bread and again allow it to double in bulk; then, bake.

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BEATEN BREAD.

Two cups milk or water, 1 tablespoon fat, 2 teaspoons salt, 2 teaspoons sugar, $\frac{1}{2}$ cake yeast, $\frac{1}{2}$ cup water, flour.

Put the water or milk, sugar, salt and fat into a bowl. Dissolve the yeast in warm water, add it; then, add the flour, enough to make a batter. Beat well until flour is thoroughly mixed. Allow the sponge to rise; then, add the flour to make a stiff dough; beat well for 15 minutes, or until light. Place it in pans and, when double its bulk, bake.

SOFT GRAHAM BREAD.

Three cups graham flour, 1 cup white flour, 1 teaspoon salt, 4 tablespoons molasses, or 2 tablespoons molasses, and 4 tablespoons brown sugar, 2 tablespoons butter or lard, $\frac{3}{4}$ yeast cake, dissolved in $\frac{3}{4}$ cup warm water.

Mix the ingredients in the order given, and add sufficient lukewarm water to make a soft dough. When the dough is light, beat it and pour it into the bread pans, filling them half full. When light, bake in a moderate oven.

RYE BREAD.

One cup of rye meal, 1 of Indian meal; 1 cup molasses, 2 cups flour, $1\frac{1}{2}$ pints of sour milk, 1 teaspoon of soda, an egg, 1 teaspoon salt. Mix the dry ingredients together. Dissolve the soda in 2 tablespoons of boiling water. Add it and the milk to the molasses. Stir well and pour on the other mixed ingredients. Beat the egg and add it. Mix thoroughly and pour into well-buttered tin pan that holds 2 quarts. Steam 2 hours and put them then into the oven for half an hour.

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OATMEAL BREAD.

Pour 1 quart of boiling water over 2 cups of oatmeal and 1 tablespoon of shortening; when lukewarm add $\frac{1}{2}$ of a compressed yeast cake, softened in 2 tablespoons of lukewarm water; 1 cup of molasses and 1 teaspoon of salt; thicken with wheat flour until as stiff as can be stirred with a spoon. Let rise over night and in the morning mold into loaves and biscuits.

RUSKS.

Two cups warm milk, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup sugar, 2 eggs, 1 teaspoon salt, 1 cake compressed yeast, cinnamon and flour.

Dissolve the yeast cake in the warm milk; then, add sufficient flour to make a batter. Let this rise until light. Beat sugar and butter to a cream and add eggs well beaten. Now, add to this batter with the salt and sufficient flour to make a soft dough. Mold the dough with your hands into balls about the size of a large egg. Set this close together in a buttered pan and let rise until fully twice their bulk. Brush with the beaten white of an egg, sprinkle with sugar and cinnamon and bake 30 minutes.

RAISED DOUGHNUTS.

Place 1 pint of bread sponge in a large bowl, add $\frac{1}{4}$ cup melted butter, $\frac{1}{4}$ cup sugar, 2 eggs, beaten very light; a pinch of salt, $\frac{1}{2}$ teaspoon ground cinnamon, $\frac{1}{4}$ teaspoon ground nutmeg.

Roll out and cut into shape, letting them remain on board until light. Fry in deep fat and drain on white paper.

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TEA BISCUIT.

One cup milk, scalded and cooled; 1 tablespoon sugar, 2 tablespoons shortening, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ ounce yeast dissolved with sugar in $\frac{1}{4}$ cup of water, 3 cups of flour, beat well; let rise till light; add 1 cup flour and raise again; shape, butter, cover, raise till light and bake in quick oven.

SWEET POTATO BISCUIT.

Boil and mash a large sweet potato while hot; work in 2 eggs and flour enough for a dough. Add $\frac{1}{4}$ ounce yeast cake, and let it rise over night. In the morning work in a spoon of butter, mold in small biscuit, let them rise to double their size, and bake in a quick oven. Good for breakfast or tea.

TEA BISCUIT WITH POTATO.

Three-quarters of a cup of hot, sifted potato; $\frac{1}{4}$ cup of butter, 1 teaspoon sugar, 1 teaspoon salt, mixed well together; 1 cup of milk that has been scalded and cooled, $\frac{1}{4}$ ounce compressed yeast, white of 1 egg slightly beaten. Mix the above ingredients well and add enough flour to knead it smooth. It will take about 1 quart.

If this is set at 10 o'clock in the morning it will be ready to shape and bake for tea.

Cut the sponge down once, and when it has risen the second time shape into rather small biscuit; set them well apart in the pan and let it rise in a cool place till very light. Bake in a quick oven. These are excellent to use for croustades.

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BUNS.

One cup milk, $\frac{3}{8}$ cup sugar, 1 egg, $\frac{1}{4}$ teaspoon salt, $\frac{1}{4}$ yeast cake, $\frac{1}{4}$ cup water, 2 cups flour.

Make a sponge. Beat thoroughly and, when light, add flour to make a stiff dough. Knead this and let it rise until double its former bulk; then, add $\frac{1}{4}$ cup butter (softened), $\frac{1}{2}$ cup currants, $\frac{1}{4}$ teaspoon cinnamon and nutmeg.

Let it rise until light; then, shape into small, round cakes, and place them in muffin pans; when light, bake in a moderate oven 40 minutes. When the cakes have baked for 15 minutes glaze them with a mixture of milk and sugar (1 tablespoon sugar, $\frac{1}{4}$ cup milk), and repeat this every 5 minutes.

CINNAMON BUNS.

Use the bun dough, and roll $\frac{1}{4}$ -inch thick. Spread it with $\frac{1}{2}$ cup butter (softened), 1 cup currants, 2 tablespoons cinnamon, 1 cup brown sugar.

Roll the dough as in making jelly roll, and cut it into slices 2 inches thick. Place in well-greased pans, with cut surfaces up and down. When very light, bake in a moderate oven 45 minutes. About 10 minutes before taking out of the oven pour 2 teaspoons of molasses over them.

BISCUIT.

Dissolve 1 rounded tablespoon of butter in a pint of hot milk; when lukewarm stir in 1 quart of flour and 1 beaten egg, a little salt and a teacup of yeast; work into dough until smooth. If winter, set in a warm place; if summer, a cool one to rise. In the morning work softly and roll out $\frac{1}{2}$ -inch and cut into biscuit and set to rise 30 minutes, when they will be ready to bake.

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ENGLISH TEA BUNS.

One quart flour, $\frac{1}{4}$ cup butter, 1 cup of new milk, $\frac{1}{2}$ yeast cake, 1 cup currants, $\frac{1}{4}$ cup raisins, 2 eggs, 2 tablespoons sugar and a little grated nutmeg.

Put the sugar and currants with the flour; melt the butter in the milk, which must be scalded, and when cool enough, mix with the well-beaten eggs and yeast. Add the dry ingredients, heating all well and set away to rise. When light, then shape into small, round cakes and place them in pans and let them rise again to double its bulk. Bake in moderate hot oven.

RAISIN BREAD.

One cup of water, 1 cup of sweet milk, 1 cup of sugar, 1 teaspoon salt, 4 tablespoons of lard, 1 yeast cake, 2 cups of seeded raisins and enough flour to make stiff dough. Have milk and water warm. Dissolve yeast in water. Mix dough thoroughly. Let dough raise well; then, knead and let raise again. Mold in round loaves and when raised bake in hot oven.

USES FOR STALE BREAD.

DRIED BREAD CRUMBS.

Crusts and small pieces of bread should be dried in a cool oven until a light brown. Roll them on a pastry board, or put through a meat grinder. Crumbs must be sifted. Use them only to cover articles of food cooked in deep fat.

Crumbs should be kept in jars with a piece of muslin tied over them.

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CROUTONS.

Cut pieces of stale bread into cubes and brown in oven.

SIPPETS.

Cut bread into thin slices, and then into strips 5 inches long and 1½ inches wide, and toast them.

CANAPES.

Cut bread into pieces 2 inches thick, cut either round or 4½ inches long by 3 inches wide. Remove part of the bread from the center, butter, and brown in the oven

SOUP STICKS.

Cut stale bread in 1-3-inch slices, remove crusts, butter, and cut in 1-3-inch strips; brown in the oven.

FRENCH TOAST.

One or 2 eggs, ¼ teaspoon salt, 1 cup of milk, 6 or 8 slices of stale bread.

Beat the eggs slightly, add salt and milk, dip the bread in the mixture. Have a griddle hot and well-buttered; brown the bread on 1 side, place a small piece of butter on top of each piece, turn and brown on the other side. Serve hot with cinnamon and sugar or a sauce.

CREAM TOAST.

One-quarter cup butter, 2 tablespoons flour, 1 teaspoon salt, 2 cups of milk or cream, 6 or 8 slices of toast.

Heat the butter; when it bubbles add the flour and salt, add gradually the hot milk, stirring constantly and allowing the mixture to thicken each time. Pour this sauce over dry or moist toast. Moist toast is prepared by quickly dipping dry toast into hot salted water or hot milk. A plainer sauce may be made by using 2 tablespoons of butter.

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TOAST.

Cut stale bread into slices $\frac{1}{4}$ -inch thick; put it on a toaster or fork, move it gently over the heat until dry. Then allow it to become a light brown by placing it nearer the heat and turning constantly. It may be first dried in the oven. Hot milk may be poured over dry toast.

ZWIEBACK.

Cut bakers' or other light bread into 1-inch slices and brown in a moderate oven.

MIXTURES WITH BAKING POWDER.

Pastry flour should be used, if possible. Flour must be sifted before it is measured; then, mix and sift dry ingredients.

Six teaspoons baking powder will raise 1 quart of flour.

The eggs are beaten whole and the milk added to them; then added to the dry ingredients. When fat is used it is usually melted and added last, but may be worked into the flour with the tips of the fingers or cut in with a knife.

The pans, or muffin rings, should be greased before the mixture is prepared. Iron gem pans must be heated.

The oven must be ready for baking before the mixtures are prepared and baked from 12 to 30 minutes. Bake on the floor of the oven; they may be raised to the shelf to brown.

BISCUITS.

Two cups flour, 4 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt, $\frac{3}{4}$ to 1 cup of milk or water, 2 tablespoons of fat.

Mix according to the rule, working the fat into the flour. Toss and roll gently on a slightly floured board and cut into small biscuit. The top may be moistened with a little milk

Bake until brown, from 12 to 15 minutes.

Whole wheat flour may be used for biscuit.

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CORN MUFFINS.

One cup of flour, $\frac{1}{2}$ cup of cornmeal, 3 teaspoons of baking powder, 1 tablespoon of sugar, $\frac{1}{2}$ teaspoon of salt, 1 egg, 1 cup of milk, 2 tablespoons of butter.

Mix according to rule. Bake in gem pans or muffin tins, 25 to 30 minutes.

RICE MUFFINS.

One cup of boiled rice, $\frac{1}{2}$ teaspoon of salt, 1 tablespoon of sugar, 1 tablespoon of baking powder, $\frac{1}{2}$ cup of milk, 1 egg.

Mix according to rule. Mix the rice with the milk and beaten eggs and free it from lumps. Make a rather firm batter; have the muffin pans cold and well greased. Hominy and any cold cereal can be used in that way.

RYE MUFFINS.

One cup of rye flour, $\frac{1}{2}$ cup of cornmeal, $\frac{1}{2}$ cup of flour, 1 teaspoon of sugar, $\frac{1}{2}$ teaspoon of salt, 2 teaspoons baking powder, 1 tablespoon of shortening, 1 egg and 1 cup of milk.

Sift together the rye flour, cornmeal, flour, sugar, salt, baking powder, add the egg and milk, well stirred. Mix together and last the melted butter.

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GRAHAM MUFFINS.

Two cups of graham flour, 1 tablespoon of sugar, $\frac{1}{2}$ teaspoon of salt, 1 teaspoon of baking powder, 1 egg, 1 cup of milk.

Mix and sift the dry ingredients, add the egg and milk and then the melted butter.

POTATO MUFFINS.

Boil and sift 1 cup of potatoes, add 1 teaspoon salt, 1 cup of flour, 1 egg well-beaten in 1 cup of milk, 1 tablespoon of melted butter.

Mix according to rule.

FRUIT SHORTCAKE.

Make a soda biscuit dough, divide it in 2 equal parts, place 1 on top of the other with plenty butter between. Bake in hot oven and, when done, separate with a fork. Have ready strawberries, raspberries or peaches; place between and some on top; return to the oven for a minute. Serve hot.

APPLE OR PEACHCAKE.

Two cups of flour, 3 teaspoons of baking powder, $\frac{1}{2}$ teaspoon of salt, $\frac{3}{4}$ to 1 cup of milk, 1 egg, 2 tablespoons of butter, 1 pint of sliced apples or peaches, $\frac{1}{4}$ cup of sugar.

Mix according to rule. Cut the fruit into slices, put them into an agate pan and sprinkle with the sugar, pour in the batter and bake in hot oven about 25 minutes. If canned peaches are used, prepare a sauce with the juice.

Can make this without sugar for chicken, veal or beef.

All fruit must be boiling hot when put in.

GRIDDLE CAKES.

GENERAL RULES.

The griddle must be hot and thoroughly greased. Butter, butterine or salt pork may be used for this purpose.

Pastry flour is best for these mixtures, but if bread flour is used the amount should be decreased.

They should be baked as soon as mixed.

PLAIN GRIDDLE CAKES.

One quart of flour, 1 teaspoon of salt, 4 teaspoons of baking powder, $\frac{1}{4}$ cup of butter, 3 eggs, 3 cups of milk.

Mix the dry ingredients and sift them together several times, cut in the butter. Separate the yolks and whites of the eggs and add the milk to the yolks. Add this mixture to the dry ingredients, and fold in the whites of the eggs.

They should be baked as soon as mixed.

Sometimes griddle cakes are made quickly by beating the eggs together, melting the butter and adding it last.

BREAD GRIDDLE CAKES.

One and one-half cups of fine bread crumbs, $1\frac{1}{2}$ cups of hot milk, 2 tablespoons of butter, 2 eggs, $\frac{1}{2}$ cup of flour, $\frac{1}{2}$ teaspoon of salt, $3\frac{1}{2}$ teaspoons baking powder.

Mix in the order given. 1 cup of any cooked cereal may be used instead of bread crumbs.

INDIAN MEAL GRIDDLE CAKES.

One cup of Indian meal, 4 cups of hot milk, 1 cup of flour, 1 teaspoon of salt, 4 teaspoons of baking powder, $\frac{1}{4}$ cup of sugar, 2 eggs.

Pour the hot milk over the meal, stir thoroughly and cook 5 minutes. Sift the remaining dry ingredients; when the meal has cooled, mix all together and add the well-beaten eggs; bake at once.

WHEAT CAKES.

This is the best plain hot griddle cake without eggs—the cake will be light, tender and healthful. 1 quart of flour, 3 teaspoons of baking powder, $\frac{1}{2}$ teaspoon of salt. Sift well together and add sweet milk to make into a soft batter. Bake immediately on hot griddle. Should be full $\frac{1}{8}$ -inch thick when baked. Smother with butter and maple syrup or honey.

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RICE GRIDDLE CAKES.

Two cups of cold boiled rice, 1 pint of flour, 1 teaspoon of sugar, $\frac{1}{2}$ teaspoon of salt, $1\frac{1}{2}$ teaspoons of baking powder, 1 egg, little more than $\frac{1}{2}$ -pint of milk. Sift together dry ingredients; add rice free from lumps diluted with beaten egg and milk; mix into smooth batter. Have griddle well-heated, bake nice brown, not too thick; serve with maple syrup.

BUCKWHEAT CAKES.

Two cups of pure buckwheat flour (do not use the so-called "prepared" or "self-raising" flours), 1 cup of wheat flour, 2 tablespoons of baking powder, $\frac{1}{2}$ teaspoon salt, all sifted well together. Mix with sweet milk into thin batter, and bake at once on a hot griddle.

WHEAT (OR FLANNEL) CAKES.

One and one-half pints of flour, 1 tablespoon of brown sugar, 1 teaspoon of salt, 2 heaping teaspoons of baking powder, 2 eggs, $1\frac{1}{2}$ pints of milk. Sift together the dry ingredients; add beaten eggs and milk, mix into smooth batter that will run in a rather continuous stream from pitcher. Bake on good hot griddle rich brown color, in cakes large as tea saucers. Serve with maple syrup.

ENGLISH PANCAKES.

One pint of milk, 2 eggs, 1 tablespoon of sugar, 1 cup of flour, 1 teaspoon of baking powder, 1 cup of cream, pinch of salt. Sift flour, salt and powder; add to it eggs beaten with sugar and diluted with milk and cream; mix into thin batter. Have small, round frying pan; melt little butter in it; pour about $\frac{1}{2}$ cup of batter, turn pan around, that batter may cover the pan, put on hot fire; turn it and brown the other side. Butter each and roll it up; sprinkle with powdered sugar.

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FRITTERS.

APPLE FRITTERS.

Four large, sound apples, peeled, cored, and cut each into 4 slices, 2 tablespoons of sugar, 1 teaspoon nutmeg. Place slices of apples in bowl with sugar and extract of nutmeg; cover with plate, set aside to steep 2 hours; then, dip each slice in plain fritter batter, fry to light brown in plenty of lard made hot for the purpose; serve with sugar.

PLAIN FRITTER BATTER.

One cup flour, $\frac{1}{2}$ teaspoon baking powder, $\frac{1}{4}$ teaspoon salt, 2 eggs, 1 cup of milk. Sift dry ingredients together; add beaten eggs and milk; beat till smooth.

FRUIT FRITTERS.

Any kind of fruit can be made into fritters, as directed for apple fritters. Whole, canned fruits, drained from syrup, may also be used. Apples and other fruits may also be prepared, coarsely chopped, stirred into a plain fritter batter, and dropped by small spoonfuls into smoking hot fat, finishing as already directed.

BANANA FRITTERS.

Peel bananas, cut in lengthwise slices. Let them steep an hour with sugar and lemon juice, dip in fritter batter and fry as directed for apple fritters.

CORN FRITTERS.

To 1 pint scraped corn add $\frac{1}{2}$ cup of milk, $\frac{1}{2}$ cup of flour, 1 tablespoon melted butter, 2 beaten eggs, 1 teaspoon salt, 1-3 teaspoon pepper, 1 teaspoon baking powder. Beat well and fry in small spoonfuls as directed in fruit fritters.

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CLAM FRITTERS.

One cup flour, $\frac{1}{4}$ teaspoon salt, 1 teaspoon baking powder, 1 egg, $\frac{1}{2}$ cup of milk, 2 teaspoons butter (melted), 1 cup chopped clams.

Sift the dry ingredients together. Beat the egg and add the milk. Add this mixture to the dry ingredients; then, add the melted butter and the clams. Drop by tablespoonfuls into hot fat and cook until the batter is done.

For oyster fritters substitute oysters for clams.

PINEAPPLE FRITTERS.

Sprinkle $\frac{1}{2}$ -inch slices of fresh pineapple with sugar; let stand 1 hour. Dip into plain batter, drop into deep kettle of smoking hot fat, fry brown. Drain on paper and sprinkle with powdered sugar.

RICE FRITTERS.

One cup rice, 1 pint milk, 3 eggs, 1 tablespoon sugar, 2 tablespoons butter. Boil rice in milk until soft and all the milk is absorbed; then, remove, add yolks of eggs, sugar and butter; when cold add whites whipped to dry froth; drop in spoonfuls in plenty of lard, made hot for the purpose; fry them deep buff color. Serve with cream or lemon sauce.

WAFFLES.

One pint of flour, 2 teaspoons of baking powder, $\frac{1}{2}$ teaspoon of salt, 2 tablespoons of butter, 3 eggs, $1\frac{1}{2}$ cups of milk.

Mix in order given and bake at once. If the batter is too stiff more milk may be used.

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SOFT WAFFLES.

One quart of flour, $\frac{1}{2}$ teaspoon salt, 2 teaspoons of baking powder, 1 large tablespoon butter, 2 eggs, $1\frac{1}{2}$ pints of milk. Sift together the dry ingredients; rub in the butter cold; add beaten eggs and milk; mix into smooth consistent batter that will run easily and limpid from mouth of pitcher. Have waffle iron hot and carefully grease each time; fill 2-3, close it up; when brown turn over. Sift sugar on them; serve hot.

RICE WAFFLES.

Into a batter as directed for soft waffles stir 1 cup of cooked rice free from lumps; cook as directed in same receipt.

CAKE MIXTURES.

The oven must be ready for baking, the pans thoroughly greased with the same kind of fat used in the mixture.

Sift flour before measuring; pastry flour should be used, but if plain flour is used add to each cup of flour 2 level tablespoons of cornstarch; put in the cornstarch before sifting the flour. The flour and baking powder must be mixed and sifted several times, and if spices are used they should be sifted with the flour. Powdered or fine granulated sugar may be used.

Cream the butter, add the sugar gradually. The yolks and whites of the eggs should be beaten separately, and the yolks added to the butter and sugar. The bowl in which they are beaten should be rinsed with the milk. The milk and flour are added alternately; then, the flavoring and the whites of the eggs. When fruit is used save a little flour to cover it and add just before the whites of the eggs.

A cake can be made fine-grained by long beating; light and

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delicate, with a small amount of beating. Never stir cake after final beating. For cakes that do not contain butter, separate the yolks of eggs. Beat the yolks until thick, add sugar gradually, and continue beating; add flavoring. Beat whites until stiff and dry and add mixture.

Bake cake from 20 to 40 minutes, or until it shrinks from the sides of the pan. When taken from oven allow it to remain in the pan about 3 minutes.

Lard or other fat may be used in ginger bread.

ANGEL CAKE.

One and one-half cups of granulated sugar, measured after sifting, 1 cup of flour, 1 teaspoon of cream of tartar, sift together 8 times; then, sift flour and sugar together 3 times. Beat the whites of 11 eggs with a wire beater until they are dry and flaky. Pour over 1 teaspoon of vanilla, fold in the mixture of flour and sugar. Pour it into a moderate oven as quickly as possible and bake about 1 hour. Invert the pan and do not take out till cool; when cool it will drop out itself.

SUNSHINE CAKE.

Whites of 7 eggs, yolks of 5 eggs, $1\frac{1}{4}$ cups of granulated sugar, 1 cup of flour, 1-3 teaspoon of cream of tartar, pinch of salt added to the whites of the eggs before whipping; flavor to taste. Sift, measure and set aside flour and sugar; separate the eggs, putting the whites in the mixing bowl and the yolks in a small bowl; beat yolks to a very stiff froth; whip whites to foam, add cream of tartar, and whip until very stiff; add sugar to the whites and beat in; then, yolks and beat in; then, flavor and beat in; then, flour, and fold lightly through. Put in moderate oven at once; it will take from 30 to 40 minutes.

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SPONGE CAKE.

Yolks of 6 eggs, 1 cup of sugar, 1 teaspoon of lemon juice, grated; rind of $\frac{1}{2}$ lemon, whites of 6 eggs, 1 cup of flour, salt.

Beat yolks until thick and lemon colored, add sugar gradually and continue beating. Add lemon juice, rind and whites of eggs beaten until stiff and dry. When whites are partially mixed with yolks, carefully cut and fold in flour, mixed and sifted with salt. Bake in an unbuttered pan, in a slow oven for 1 hour.

WHITE SPONGE CAKE.

Whites of 5 eggs, beaten well, $\frac{1}{2}$ tumbler of flour, $\frac{1}{2}$ tumbler of white sugar, $\frac{1}{2}$ teaspoon of cream of tartar, $\frac{1}{4}$ teaspoon of soda; put the soda and cream of tartar in the eggs before the sugar, and add last the flour. This cake is delicious.

FRUIT SPONGE CAKE.

Three eggs, yolks; $1\frac{1}{2}$ cups of sugar, 1 teaspoon of lemon juice, $\frac{1}{2}$ cup of water, 2 cups of pastry flour, 2 teaspoons of baking powder, whites of 3 eggs, 1 quart of strawberries.

Beat yolks; add the sugar, lemon juice and water; then, the flour, mixed with the baking powder, and lastly the whites of the eggs. Bake in shallow pans. When cool, split and fill with 1 pint of strawberries, which have been slightly crushed. Make a meringue by beating the whites of 2 eggs stiff, and add gradually 4 tablespoons of powdered sugar. Place on top of cake and garnish with the remainder of the strawberries.

ORANGE CAKE.

Two cups of sugar, 2 cups of flour, $\frac{1}{2}$ cup of water, 1 teaspoon of soda, 2 teaspoons of cream of tartar, yolks of 5 eggs, whites of 3 eggs, juice of 2 oranges.

Beat the yolks; add the sugar, orange juice and water. Sift the flour, soda and cream of tartar together; add them and lastly the beaten whites of 3 eggs.

ORANGE FILLING.

Half cup of sugar, 1 egg, 1 heaping tablespoon of flour, 1 teaspoon of butter, grated rind of $\frac{1}{2}$ orange, $\frac{1}{2}$ tablespoon of lemon juice, juice of $\frac{1}{2}$ orange. Mix the ingredients in the order given. Bring to a boil, stirring constantly; then, cook in the top of a double boiler 10 minutes, so as to remove the raw taste of the flour.

ORANGE FROSTING.

Grated rind of 1 orange, 1 teaspoon of brandy, $\frac{1}{2}$ teaspoon of lemon juice, 1 tablespoon of orange juice, yolk of 1 egg, confectioner's sugar.

To the grated rind add the brandy and fruit juices; let stand 15 minutes. Strain, add slowly to the beaten egg yolk. Stir in confectioner's sugar to spread.

PLAIN CAKE.

One-third cup of butter, $1\frac{1}{2}$ cups of sugar, 3 eggs, 1-3 cup of milk, 3 teaspoons of baking powder, $2\frac{1}{4}$ cups of flour.

Two ounces of melted chocolate may be used, add after yolks of the eggs, or $1\frac{1}{2}$ cups of walnut meat chopped fine or any nuts you wish, floured.

Use any kind of frosting you wish.

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SNOW CAKE.

One-half cup of butter, 1 cup of sugar, 2 cups of flour, 4 teaspoons of baking powder, $\frac{1}{2}$ cup of milk, whites of 4 eggs, $\frac{1}{2}$ teaspoon of almond flavoring.

Any frosting you wish.

MARSHMALLOW CAKE.

Three-quarters cup of butter, $1\frac{1}{2}$ cups of sugar, 3 cups of flour, 4 teaspoons of baking powder, $\frac{3}{8}$ cup of milk, and the whites of 6 eggs. Bake in layers.

MARSHMALLOW PASTE.

Three-quarters cup of sugar, $\frac{1}{4}$ cup of milk, $\frac{1}{4}$ pound of marshmallows, 2 tablespoons of hot water, $\frac{1}{2}$ teaspoon of vanilla.

Boil the sugar and milk together 6 minutes. Melt the marshmallows and add the water. Combine the 2 mixtures, add the vanilla and beat until stiff enough to spread.

COCOA CAKE.

One-half cup of butter, 1 cup of sugar, 3 eggs, 1 teaspoon of vanilla, $\frac{3}{4}$ cup of milk, 6 tablespoons of cocoa, 2 level teaspoons of baking powder, $1\frac{1}{2}$ or 2 cups of sifted pastry flour.

Cream the butter, stir in the sugar gradually, add the unbeaten eggs, and beat all together until very creamy. Sift together $\frac{1}{2}$ cup of the flour, the cocoa and the baking powder; use this flour first; then, alternate the milk and remaining flour, using enough to make mixture stiff enough to drop from the spoon; add vanilla and beat until very smooth; then, bake in loaf in moderately hot oven 35 or 40 minutes.

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COCOA FROSTING.

Four teaspoons of cocoa, 2 tablespoons of cold water, 3 tablespoons of hot water, $\frac{1}{2}$ teaspoon of vanilla, about $1\frac{3}{4}$ cups of confectioner's sugar.

Put the cocoa in a small saucepan; add the cold water and stir until perfectly smooth; then, the hot water, and cook for 1 or 2 minutes, add vanilla and a speck of salt; then, stir in enough sugar to make it stiff enough to spread nicely. Beat until smooth and glossy and free from lumps.

If too thick, add a little cold water. If not thick enough, add a little sugar.

DEVIL'S FOOD CAKE.

One-half cake of chocolate, mixed with $\frac{1}{2}$ cup of milk, the yolk of 1 egg, 1 cup of granulated sugar. Boil until sugar and chocolate are dissolved.

Take off the stove, add 1 teaspoon of vanilla, and let cool while mixing cake.

CAKE PART.

One cup of powdered sugar, $\frac{1}{2}$ cup of butter, $\frac{1}{2}$ cup of milk, 2 eggs well beaten, 2 cups of flour, 2 teaspoons of baking powder.

Mix cake into batter and add chocolate mixture and bake in 2 round tins. In this recipe, butter and sugar must be well-creamed and flour and sugar sifted before measuring.

When cake is cold, with following:

CARAMEL FILLING.

Four cups of brown sugar, 1 cup of milk, 1-3 cup of butter. Cook as long as for fudge; that is, until it almost hairs.

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WALNUT CAKE.

One-half cup of butter, 1 cup of sugar, yolks of 3 eggs and the whites of 2 eggs (well-beaten), $\frac{1}{2}$ cup of milk, $\frac{1}{4}$ teaspoon of salt, $1\frac{1}{2}$ cups of flour, $1\frac{1}{2}$ teaspoons of baking powder, $\frac{3}{4}$ cup of walnut meat, broken in pieces.

Cream the butter, add gradually the sugar; then, the walnut meat, eggs and milk. Sift together the rest of the dry ingredients; add and beat vigorously. Bake in a loaf 45 minutes. Cover with white cream frosting.

WHITE CREAM.

One cup of sugar, 1-3 cup of water, white of 1 egg, $\frac{1}{2}$ teaspoon of vanilla or flavoring to taste.

Boil the sugar and water together until it threads. Pour the syrup slowly into the beaten egg white. Beat until cool enough to spread; then, add the flavoring. 1 square of melted chocolate may be added for a chocolate frosting.

GERANIUM CAKE.

One-half cup of butter, 1 cup of sugar, 2-3 cup of water, $\frac{1}{4}$ teaspoon of salt, 2 cups of flour, 1 teaspoon of baking powder, white of 4 eggs. Mix flour, salt and baking powder. Cream, butter and sugar. Add alternately the water and flour; then, whites of eggs, and whip hard for 5 minutes. Line loaf pan with buttered paper; then, with rose-geranium leaves. Bake in moderate oven. The leaves can be pulled off with the paper.

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ALMOND CAKE.

Three-quarters cup of butter, 1 cup of sugar, $\frac{1}{2}$ cup of sweet milk, 3 egg whites and yolks beaten separately, 2 cups of flour, 2 teaspoons of baking powder and 1 pound of almonds blanched and sliced, stirred in last. Save a few whole ones to put on top of icing. Any icing can be used.

HICKORY NUT CAKE.

One-half cup of butter, 1 cup of sugar, $\frac{1}{4}$ cup of sweet milk, $1\frac{1}{2}$ cups of flour, 1 teaspoon of baking powder, whites of 4 eggs, 1 cup of hickory nuts or $\frac{1}{2}$ cup nuts and $\frac{1}{2}$ cup raisins.

MAPLE SUGAR FROSTING.

Boil $\frac{1}{2}$ -pound broken maple sugar with 3 tablespoons of water till dissolved and thick enough to rope when dropped from fork. Pour gradually on whipped whites of 2 eggs. Add 11 cup of hickory nuts, beat till thick enough to spread.

COCOANUT CAKE.

Three-quarters cup of butter, 2 cups of sugar, yolks of 4 eggs and the whites of 2 eggs, 1 cup of sweet milk, $3\frac{1}{2}$ cups of flour, 2 teaspoons of baking powder. Bake in jelly tins.

COCOANUT FILLING.

Two eggs (whites), powdered sugar, grated cocoanut.

Beat the whites until stiff, add enough powdered sugar to spread. Spread over the cake and sprinkle with grated fresh cocoanut. Put the filling between and on top.

POUND CAKE.

One pound of flour, 1 pound sugar, 1 pound of eggs, $\frac{3}{4}$ pound of butter, 1 nutmeg, 1 teaspoon of mace. Cream half the flour with butter, add spice. Beat the yolks of the eggs and add sugar; then, add the beaten whites and the remaining flour. When this is done mix all thoroughly, beating $\frac{1}{2}$ hour. This, if properly baked, makes an excellent cake.

GOLD CAKE.

Take $\frac{1}{2}$ -pound of pulverized sugar, $\frac{1}{2}$ -pound of butter, $\frac{1}{2}$ cup of milk, yolks of 6 eggs, $\frac{1}{2}$ teaspoon of soda and 1 teaspoon of cream of tartar, and the rind of 1 lemon. Mix thoroughly.

SILVER CAKE.

Take the same materials as in gold cake, except that the whites instead of the yolks of 6 eggs are used. Mix the soda and cream of tartar with the flour. Flavor with oil of bitter almonds instead of lemon rind.

EVANGELINE.

One-half cup of butter, $1\frac{1}{2}$ cups of sugar, 3 eggs, 1 cup of milk, $2\frac{1}{2}$ cups of flour, 2 teaspoons of baking powder, 1 teaspoon of vanilla. Mix the dry ingredients. Cream butter and sugar, add beaten yolks and vanilla; then, alternately the milk and flour. Beat well, and bake in 3 layers in quick oven.

FRUIT ICING.

Three cups of granulated sugar, 1 cup of boiling water, cook until it threads; then, pour over the stiffly beaten whites of 3 eggs; add 1 cup of chopped raisins, 1 cup of chopped pecan meat and 5 figs, cut in thin strips.

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FRUIT CAKE.

Four eggs, 1 cup of sugar, 2 cups of molasses, $1\frac{1}{2}$ cups of butter, $\frac{1}{2}$ cup of milk, 1 teaspoon of soda, 1 pound of raisins, 1 pound of currants, $\frac{1}{2}$ -pound of citron, sliced fine, 1 teaspoon of cinnamon, 1 nutmeg, 1 teaspoon of cloves, 5 cups of flour. Bake $2\frac{1}{2}$ hours in a slow oven.

GINGER BREAD.

One-quarter cup of butter, $\frac{1}{2}$ cup of sugar, 1 egg, $\frac{1}{2}$ cup of molasses, $\frac{1}{2}$ cup of sour milk, $1\frac{3}{4}$ cups of flour, 1 teaspoon of ginger, $\frac{1}{2}$ teaspoon of cinnamon, salt, $\frac{1}{2}$ teaspoon of soda, 1 tablespoon of vinegar. Put in the vinegar just before putting it in the pans.

Any recipe calling for sour milk, and you have not got it, take 1 cup of milk and put in 2 tablespoons of vinegar; put the cup in a pan of boiling water and in a few minutes it will be sour enough to use.

SOFT GINGER BREAD.

One-half cup of lard, 1 cup each of milk and sugar, 2 cups of molasses, 1 teaspoon of soda, 2 tablespoons of cinnamon, 1 tablespoon of ginger. Stir butter, sugar, molasses and spice together, and the milk and soda, and lastly about 5 cups of flour. Beat hard and bake into a loaf, or in small tins. Some seeded raisins will improve. Add these last.

FRUIT CAKE WITHOUT BUTTER AND EGGS.

Thirteen ounces of fat pork chopped very fine, 1 pint of boiling water poured on the chopped pork; 2 cups of sugar, 1 cup of molasses, 1 tablespoon of soda, 1 tablespoon of cloves, 1 tablespoon of cinnamon, 4 cups of flour, and 1 pound of raisins, 1 pint of cider (boiling) can be used instead of water. Wrap cake in a cloth and put it in a box; also put an apple in the box, for it will make the fruit cake moist.

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HOT WATER GINGER BREAD.

One cup of molasses, $\frac{1}{2}$ cup of boiling water, $2\frac{1}{2}$ cups of flour, $1\frac{1}{2}$ teaspoons of ginger, $2\frac{1}{2}$ teaspoons of baking powder, $\frac{1}{2}$ teaspoon of salt, 1 tablespoon of melted butter.

Add the water to the molasses. Sift together thoroughly the dry ingredients. Combine the 2 mixtures, add the butter and beat vigorously. Bake in a moderate oven 35 minutes. You can use honey instead of molasses.

GINGER SNAPS.

One cup each of sugar, molasses and lard, 1 egg, 1 tablespoon of ginger, 1 tablespoon of vinegar, dissolving in the vinegar 1 teaspoon of soda. Use no milk or water. Mix 7 cups of flour and knead. Roll out in any shape desired and bake in quick oven.

CHESTER MOLASSES CAKE.

One pint New Orleans molasses, 1 cup of brown sugar, 1 cup of lard, a little salt, 2 cups of flour, 1 tablespoon of soda dissolved in 1 cup of boiling water. Stand over night.

Next morning add enough flour to make a stiff dough, roll out $\frac{1}{2}$ -inch thick and bake in a hot oven.

JUMBLES.

Mix 1 pound of flour and 1 pound of granulated sugar and 1 grated nutmeg. Put in 1 pound of butter and stir in 2 beaten eggs. Sift granulated sugar on a board, lay the dough on it, roll out 1-3-inch thick, cut out with cutter and cut out a circle in the center. Bake in a buttered pan in a moderately hot oven from 10 to 20 minutes.

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COCOANUT JUMBLES.

Grate 1 cocoanut. Rub $\frac{1}{2}$ -pound butter and sifted sugar together. Mix with 1 pound of sifted flour and 3 well-beaten eggs, with a little rose water. Mix the cocoanut gradually, so as to make a stiff dough. Bake in a quick oven, placing the batter in small particles in tin pans, or on greased paper.

PEANUT COOKIES.

Two tablespoons of butter, $\frac{1}{4}$ cup of sugar, 1 egg, 1 teaspoon of baking powder, $\frac{1}{8}$ teaspoon of salt, $\frac{1}{2}$ cup of flour, 2 tablespoons of milk, $\frac{1}{2}$ cup of finely chopped peanuts, $\frac{1}{2}$ teaspoon of lemon juice.

Cream the butter, add sugar and egg well-beaten. Mix and sift dry ingredients; add to first mixture; then, add milk, peanuts and lemon juice. Drop from a teaspoon on an un-buttered sheet 1 inch apart, and place $\frac{1}{2}$ peanut on top of each. Bake 12 to 15 minutes in a slow oven.

CHOCOLATE COOKIES.

One-half cup of butter, 1 cup of sugar, 1 egg, well-beaten; $\frac{1}{4}$ teaspoon of salt, 2 ounces of chocolate, melted; $2\frac{1}{2}$ scant cups of flour, 2 level teaspoons of baking powder, $\frac{1}{4}$ cup of milk.

Cream the butter, add sugar gradually, egg, salt and chocolate. Beat well and add flour and baking powder, sifted together thoroughly, alternately with milk. Chill, roll very thin; then, shape with a small cutter first dipped in flour, and bake in a hot oven.

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SUGAR CREAM FILLING.

Whip the sour cream very stiff, adding the white of an egg, and beating all up together; chop very fine some common shagbark walnuts, English walnuts, or, better still, butternuts, which make the cake very rich and toothsome. Stir these through the cream, add 1 teaspoon of vanilla, or a little more, if the filling seems to need it, and then stir in sugar until the filling tastes sweet; now, it is ready to spread between the layers of the cake, heaping it roughly on top.

EGG FROSTING.

White of 1 egg, 1 cup of powdered sugar, 1 tablespoon of lemon juice.

Put the unbeaten white of the egg in a bowl, add the sugar slowly, beating with a spoon. When all the sugar has been added stir in the lemon juice. For chocolate frosting omit the lemon juice, and add $\frac{1}{2}$ ounce of melted chocolate and $\frac{1}{2}$ teaspoon vanilla.

WATER ICING.

One cup of powdered sugar, 1 tablespoon of boiling water or milk, 1 tablespoon of lemon juice.

Stir the boiling water into the sugar and add the lemon juice. If too stiff add a little more boiling water. Milk may be used instead of boiling water—chocolate or vanilla for lemon juice.

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PASTRY. GENERAL RULES.

All the materials must be as cool as possible.

Pastry flour should be used.

The following fats may be used alone or in a combination of two: butter, butterine, lard, cottolene, beef drippings. The fat should not be cut very fine, if a flaky crust is desired. Baking powder is sometimes used.

The dough should be mixed with a knife and not touched with the hands. It should be rolled in one direction only and on one side, using but little flour. The dough is rolled thin and baked until brown.

Meat and oyster pies should be made without an under-crust. The crust should be cut in several places to allow the steam to escape.

In making lemon pies the under-crust should be baked on the outside of a tin plate, then filled. In this case the crust must be pricked all over with a fork so that it may keep its shape.

When two crusts are used, they should be moistened around the edge with cold water, then pressed slightly together.

The paste may be made the day before using; then, covered and placed on ice. It rolls more easily if placed on ice after mixing.

PLAIN PASTRY.

One and one-quarter cups of pastry flour, 1 teaspoon baking powder (if used), $\frac{1}{4}$ teaspoon salt, 1-3 or $\frac{1}{2}$ cup of fat, ice water. Mix in order given.

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LEMON PIE.

One-quarter cup of flour, 1 cup of sugar, 1 cup of boiling water, juice and rind of 1 lemon, 4 teaspoons butter, 4 table-spoons powdered sugar, 2 eggs.

Beat yolks of eggs until light. Mix the flour and sugar together. Add the boiling water slowly. Cook 20 minutes, stirring frequently; add the mixture to the egg, add butter and lemon, and cook until the egg thickens. When mixture is cool, place it in a baked crust. Cover with a meringue, and bake until a delicate brown.

This also makes a good pudding without the crust.

CUSTARD.

Line a deep plate with a rim. Heat 1 pint of milk, rub one teaspoon flour smooth, with $\frac{1}{2}$ cup cold milk; add to the boiling milk and cook 5 minutes. Pour upon 3 beaten eggs $\frac{1}{2}$ cup sugar, 1 saltspoon salt and flavor to taste, $\frac{1}{2}$ teaspoon lemon or 1 teaspoon vanilla. Strain into the plate hot, bake slowly, never letting it boil. It is done when a knife blade makes a clean cut.

PUMPKIN PIE.

One cup of stewed and sifted pumpkin (or squash), 1 level teaspoon salt, 1 saltspoon of mace, 1 teaspoon of cinnamon, 2-3 cup of sugar, 1 beaten egg, well-mixed together; pour over 1 cup of cream and 1 cup of milk, boiling hot; fill the plate and set into the oven as quickly as possible; if pumpkin is watery add 1 teaspoon of flour. It is done when it rises well in the middle. A rim of puff paste can be laid around the edge of the plate if liked; if used it should be at least 1 inch wide and the edge that goes down into the squash rolled very thin.

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COCOANUT CUSTARD PIE.

Take the yolks of 3 eggs, $\frac{1}{2}$ cup sugar, $\frac{1}{8}$ teaspoon nutmeg, $\frac{1}{8}$ teaspoon cinnamon, $\frac{1}{8}$ teaspoon lemon peel, 1 teaspoon flour, 1 cup milk and mix it together. Then, take 1 cup grated cocoanut and the beaten whites of 3 eggs, mix and beat it well. Mix with the rest and pour into tins that have been lined with pastry.

SWEET POTATO PIE.

One cup of boiled and sifted sweet potato, 4 tablespoons of sugar, 1 cup of milk and 2 eggs, well-beaten; mix together and flavor with lemon juice.

CHEESE PIE.

One cup of cottage cheese, 1 tablespoon butter, creamed into the cheese; 2 eggs dropped into the cheese one after another, 1 cup of milk. Beat well, put into pans and dust the top with nutmeg.

COCOANUT PIE.

Proceed as for custard pie (plain), adding $1\frac{1}{2}$ cups of grated cocoanut, and leaving out 1 cup of milk.

FRUIT PIES.

Clean and wash the fruit, bring to a boil, sweeten to taste and pour on the under-crust while boiling. Have the upper-crust ready, trim off and fasten together by moistening the edges. If dried fruit is used, soak over night, cook them and sweeten to taste.

All fruit pies, such as cherry, peach, blackberry, gooseberry, rhubarb, apple and mince should be made this way.

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RAISIN PIE.

To one cup of raisins, cleaned and chopped, 1 cup of water, in which 1 tablespoon of cornstarch has been dissolved; mix with the raisins, sweeten to taste and flavor with lemon. Have it boiling and put on the bottom crust.

MINCE MEAT.

One quart of apples, measured after chopping; $\frac{1}{4}$ cup of candied orange peel, grated rind and juice of 1 lemon, $\frac{1}{4}$ cup of candied lemon peel, grated rind and juice of 1 orange, 1 teaspoon of cinnamon, $\frac{1}{4}$ cup of candied fruit, $\frac{1}{2}$ teaspoon of allspice, $\frac{1}{2}$ teaspoon of cloves, 2 pounds of lean beef, 3 cups of raisins, $\frac{1}{2}$ -pound of citron, $\frac{1}{2}$ cup of molasses, 2 teaspoons of salt, $\frac{1}{2}$ cup of brandy, 1 pound of suet, 1 cup of currants, 1 cup of sugar, 1 quart of cider.

Chop the beef and suet very fine and mix. Add the chopped apples. Seed the raisins, chop the candied fruit, candied lemon and orange peel and slice the citron. Add the meat and suet with the currants, spices and salt. Mix and add the sugar, molasses, lemon and orange juice; when well-mixed add the brandy and cider. It should stand several days before using to ripen or blend, and should keep all winter. 2 cups of hard cider may be used in place of the brandy, and the quantities of beef, suet and apples may be doubled to the amount of fruit given if desired. If this is done, be careful to add sufficient moistening and, remember, that the liquor is added to keep the mince meat, not especially for flavoring, as the quantity is so small that this is disseminated in cooking.

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CEREALS.

Remove foreign substances from the cereal. A double boiler is the best utensil for cooking cereals. Fill the lower part 1-3 full of boiling water; it must be kept rapidly boiling while the cereal is cooking. If more water is needed before the cooking is completed, boiling water must be used.

Boil the water, add the salt and the cereal slowly; place directly over the heat and cook from 10 to 15 minutes, stirring to prevent burning; place over the boiling water and steam until cooked.

Cereals should be purchased in small quantities and kept in air-tight jars securely covered. In large quantities it is difficult to prevent infection from insect life. Mix the finer preparations with little cold water; then, add to the boiling water. This prevents the mixture cooking unevenly in lumps. Allow 1 teaspoon salt to each cup of cereal.

Mush may be poured into a bread-pan, which has been wet with cold water. When cold, cut in 1-3-inch slices, dip in flour, and fry in a small amount of fat.

Any cold mush may be thinned with cream, milk or water, and served as a gruel.

All cereal preparations, grains, meals or flours may be used for gruels; also plain crackers powdered. Gruels must be thoroughly cooked, strained, seasoned and served very hot.

Gruels made with meal are made by pouring the meal into the boiling water. They should be cooked for 3 hours over boiling water. When gruels are made from flour, the flour must be first mixed to a smooth, thin paste, with $\frac{1}{8}$ cup cold water or milk; then, stirred into the hot liquid. They should be cooked at least 1 hour.

If gruels are too thick add liquid to make them the right consistency.

A double boiler must be used for gruels made of milk.

Sugar, stick cinnamon, whole cloves, nutmeg, raisins, lemon rind, fruit juice, meat extracts, or stimulants may be used to flavor gruels.

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TABLE FOR COOKING CEREALS.

One cup of prepared wheat— $1\frac{1}{2}$ cups water; time, 30 minutes.

One cup of prepared oats— $1\frac{1}{2}$ cups water; time, 40 minutes.

One cup of rice (steamed)—3 cups of water; time, 50 minutes.

One cup of Indian meal— $3\frac{1}{2}$ cups of water; time, 3 hours.

One cup of Scotch oatmeal—4 cups of water; time, 4 hours.

One cup of hominy (fine)—4 cups of water; time, 3 hours.

One cup of hominy (coarse)—6 cups of water; time, 6 hours.

One cup of cracked wheat—6 cups of water; time, 6 hours.

CEREALS.

GRUEL.

One cup liquid, 1 tablespoon of flour or meal, 1-6 teaspoon salt, 3 tablespoons of powdered crackers will be needed for 1 cup liquid.

GLUTEN MUSH.

Three cups boiling water, 1 teaspoon salt, 1 cup of cold water, 2-3 cup gluten flour.

Add the cold water gradually to the flour; then, pour through a strainer into the boiling salted water; cook 30 minutes, stirring frequently; strain.

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ROLLED OATS OR WHEAT.

Three cups boiling water, 1 teaspoon salt, 1 cup of oats or wheat.

Boil 10 minutes, stirring constantly, and cook over boiling water at least 1½ hours longer; a better flavor is developed by longer cooking.

IRISH OATMEAL.

Four cups boiling water, 1 teaspoon of salt, 1 cup of oatmeal. Boil 10 minutes, stirring constantly, and then 8 hours over boiling water.

CORNMEAL MUSH.

Four cups boiling water, 1 teaspoon of salt, 1 cup of cornmeal. Boil 10 minutes, stirring constantly, and 3 hours or longer over boiling water.

CORNMEAL MUSH FOR FRYING.

One cup cornmeal, 1 tablespoon of flour, 1 teaspoon of salt, 1 cup of cold water, 1 pint boiling water.

Mix the dry ingredients and add the cold water. Stir this mixture gradually into the boiling water. Cook 10 minutes, stirring constantly. Place it over boiling water and cook for several hours. A better flavor is developed by long cooking. Turn into a wet bread-pan, and when cool cut into 1-3-inch slices. Dip the slices in flour and brown in a little fat. A slice of fat pork may be used.

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WHEATENA.

Six cups boiling water, 1 teaspoon salt, 1 cup meal. Boil 10 minutes, stirring constantly, and cook over boiling water $\frac{1}{2}$ -hour.

STEAMED RICE.

Two cups of boiling water, 1 teaspoon salt, 1 cup of rice.

Rice must be carefully picked over and washed thoroughly. Put rice, water and salt into a bowl, place in a steamer, over rapidly-boiling water. Cook until the rice is soft, from $\frac{3}{4}$ to 1 hour.

BOILED RICE.

Three quarts boiling water, 2 teaspoons salt, 1 cup of rice.

Rice must be carefully picked over and thoroughly washed. Add it gradually to the boiling, salted water, so that the water will not stop boiling. Partly cover and cook 20 minutes, or until the grains are soft; turn into a colander to drain; then, allow rice to dry for five minutes in the oven with door open.

VEGETABLES.

GENERAL RULES.

Wash thoroughly, pare or scrape, if skins must be removed. Stand in cold water until cooked, to keep them crisp and to prevent their being discolored. Cook in boiling water; the water must be kept at the boiling point. Use 2 teaspoons of salt with quart of water; put the salt into the water when the vegetables are partially cooked. The water in which vegetables are cooked is called vegetable stock.

Fresh, green vegetables require less water than others.

Cabbage, cauliflower, onions and turnips should be cooked

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uncovered in a large amount of water.

All vegetables must be drained as soon as tender. Season with salt and pepper and serve hot with butter and sauce.

The color may be kept in green vegetables, as spinach, by pouring cold water through them after draining.

Cold vegetables may be used for salads, or may be placed in a baking dish with one-half the quantity of sauce (2 cups vegetable and 1 cup sauce), covered with buttered crumbs and browned in a hot oven.

SAUCE FOR VEGETABLES.

Three tablespoons butter, 3 tablespoons flour, 1 teaspoon salt, white pepper, 1 cup milk, 1 cup stock.

Cook as directed for cream sauce.

BOILED POTATOES.

Without the Skins.

Pare very thin, so as to preserve the starch, much of which lies next the skin. To this the meakness of the potato is due. Leave them half an hour in cold water; then, put in slightly-salted, boiling water, and boil gently till tender. Drain, salt and dry over the fire. Some varieties of potatoes cook best by putting on in cold water and bringing to a boil; others best as directed above.

With the Skins.

Select potatoes of uniform size, wash well in salted water and boil till a fork will penetrate with ease to the center of the largest. Then, pour off the water, sprinkle with salt, and dry over the fire. Peel quickly and serve in an open dish.

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MASHED POTATOES.

To 4 medium-sized potatoes, measure 1 tablespoon of butter, $\frac{1}{4}$ teaspoon of salt, a sprinkle of pepper, 8 tablespoons of milk, heated. Mash the potatoes in the sauce-pan in which they were boiled. Beat with a wire masher until light, and serve in a hot dish.

Mashed turnips are prepared in the same manner, without the milk.

CREAMED POTATOES.

Cut 4 cold potatoes into cubes or slices, and put them, with $\frac{1}{2}$ cup of milk, into a pan or double boiler; cook until they have absorbed nearly all the milk. Add 2 tablespoons of butter, cook 5 minutes longer, and serve hot. You may add to the seasoning a little chopped parsley.

ROAST POTATOES WITH BEEF.

Pare either sweet or white potatoes and place in the roasting pan with beef, basting when you do the beef; let bake until tender and brown. They can be cooked the same way with a pot roast.

BAKED POTATOES.

Wash some large potatoes, wipe and bake in a quick oven till tender. Break the skins that the steam may escape. Serve in a napkin with the skins on. $\frac{3}{4}$ of an hour should suffice to cook them.

FRIED POTATOES.

Pare, wash and slice some new potatoes, or cold, boiled potatoes; season with pepper and salt, and fry lightly in dripping or butter, turning them constantly until nicely browned.

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SARATOGA CHIPS.

Peel good-sized potatoes, and slice them as evenly as possible. Drop them into ice water; put a few at a time into a towel and press, to dry the moisture out of them. Then, drop them into a pan of simmering hot lard. Stir occasionally, and when light brown sprinkle with salt; take them out with a perforated skimmer, shake both an instant. They will be crisp and not greasy.

SCALLOPED POTATOES.

Butter a baking dish, pare potatoes and slice them thin, put in dish a layer of potatoes, then a layer of onions, a few bread crumbs, sprinkle each layer with salt and pepper and butter; keep on this way till dish is nearly full; then, fill with milk or cream, cover and bake 1 hour. The onions may be omitted.

BOILED SWEET POTATOES.

Choose potatoes of the same size, if possible. Put into boiling, salted water, and cook till a fork will easily pierce the largest. Pour off water and let dry in oven for 5 minutes. Peel before serving.

FRIED TOMATOES.

Wash the tomatoes and cut them in slices without removing the skin. Mix together, sprinkle pepper, $\frac{1}{4}$ teaspoon salt and 1 tablespoon of flour, and dredge the slices thoroughly on both sides. Have ready in the frying pan enough melted butter to cover the bottom of the pan, and, when hot, lay in the tomatoes. When cooked, place them on a hot dish and keep them hot. Add $\frac{1}{2}$ cup milk or water to the liquid in the pan. Melt and brown together $\frac{1}{2}$ tablespoon of butter, $\frac{1}{2}$ tablespoon of flour and $\frac{1}{4}$ teaspoon of salt, and add the liquid from the pan. Pour through a wire strainer and serve with tomatoes.

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STUFFED BAKED TOMATOES.

Cut a thin slice from the blossom end of large, smooth tomatoes, scoop out the inside and chop it up fine, with some grated bread, green corn, butter and a seasoning of salt, pepper and sugar. Mix well and stuff the hollowed tomatoes, replace the sliced pieces, bake $\frac{3}{4}$ of an hour in a deep dish, until brown. Do not peel the tomatoes.

SCALLOPED TOMATOES.

Butter the sides and bottom of a pudding dish. Put a layer of bread crumbs in the bottom, on which put a layer of sliced tomatoes and season with salt, pepper and some bits of butter, and a very little white sugar. Then, repeat with another layer of crumbs, another of tomato, and seasoning, until the dish is filled, having the top layer of slices of tomato, with bits of butter on each. Bake under cover until they are well cooked through; remove the cover and brown quickly.

CABBAGE WITH SALT PORK.

Carefully wash a head of white cabbage, tear the leaves apart, and let it lay for half an hour in plenty of cold, salted water; meantime, cut a pound of fat salt pork in inch pieces, put it over the fire in 2 quarts of cold water, and let the water gradually heat and boil; in half an hour put in the cabbage, after cutting it in rather small pieces, and boil it steadily for half an hour; then, drain off the water, see that the pork and cabbage are palatably seasoned, and serve them together. An onion quartered, and put on top of the cabbage while boiling, will prevent its being indigestible.

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COLD SLAW.

Three cups shaved cabbage, 1 teaspoon salt, $\frac{1}{2}$ teaspoon mustard, cayenne, 1 teaspoon sugar, 1 egg, $\frac{1}{2}$ cup of milk (heated), 2 teaspoons butter, $\frac{1}{4}$ cup vinegar (heated).

Mix salt, mustard, cayenne and sugar together until well-blended, add the egg (unbeaten), mix thoroughly and pour in the hot milk; then, the vinegar and butter. Cook over hot water until it thickens, stirring constantly. If it curdles, place the upper part of double boiler in a pan of cold water and beat the mixture with an egg beater until it is smooth. Strain over the cabbage.

HOT SLAW.

Mix together 4 tablespoons of vinegar, 1 tablespoon of sugar, and the yolk of 1 raw egg; add this dressing to as much cabbage as it will moisten, season the cabbage palatably with salt and pepper; put it over the fire in a covered saucepan and let it come to the boiling point; when the cabbage begins to boil remove it from the fire; serve it hot.

BOILED CAULIFLOWER.

Take off leaves and cut stalk close to the flower bunch. Soak in cold water half an hour; then, tie in coarse bobbinet lace or cheese-cloth to prevent breaking; put into boiling, salted water and cook until tender. Serve with drawn butter.

BOILED ONIONS.

Place onions in cold water and peel. Then, cover with boiling water in a sauce-pan. Cook 15 minutes, drain and cover again with boiling water. Repeat this twice; cook until they can be pierced with a wire skewer. Drain and season with salt, pepper and plenty of butter. Serve with drawn butter.

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BOILED GREEN CORN.

Test corn with fingernail. When the grain is pierced the milk should jet out, and not be thick. Strip off the outer leaves, turn back the inner covering, and pick off all the silk. Then, replace the inner husks. Put into salted boiling water and cook fast for 10 to 20 minutes, according to size and age of the ears. Cut the stalks off close to the cob, and send to table wrapped in a napkin.

Or the corn may be cut from the cob while hot and seasoned with butter, salt and pepper. Serve hot in a vegetable dish.

STEWED CORN.

Shave corn off the ear; to 3 pints of corn add 3 tablespoons of butter, pepper and salt to taste, and just enough water to cover; place in pan cover and cook rather slow, from half hour to an hour, stirring often; just before it is done add a half cup sweet cream thickened with a little flour.

GREEN BEANS.

To cook green beans (fresh from the vines) without pork, have the kettle hot and put in a tablespoon of lard; let it get hot, stir in the lard 1 tablespoon of flour; let brown a little. Then, pour in a half-gallon of cold water; then, add beans, salt and pepper to taste. Cook until tender.

STRING BEANS.

Break off the end that grew to the vine, drawing off at the same time the string upon the edges. Repeat this process from the other end; cut the beans with a sharp knife into pieces half an inch long and boil them in just enough water to cover

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them. They usually require $2\frac{1}{2}$ hours' boiling; but this depends upon their age and freshness. After they have boiled until tender, and the water nearly out, add pepper, salt, a tablespoon of butter, and a half cup of cream.

BUTTER AND LIMA BEANS.

Soak a while in cold water; then, put into pot well-filled with boiling water and a little salt. Boil until tender. Drain and butter well when dished. The average time to cook is 40 minutes.

GREEN PEAS.

Take fresh peas, hull them, put in pan in cold water for half an hour and cook 20 or 30 minutes in a small quantity of boiling water. Drain, season with pepper and salt and plenty of butter. Serve hot.

BOILED BEETS.

Wash and cook whole until tender; leave 2 or 3 inches of the top on until they are cooked. Put in cold water, pare, slice, reheat and add seasoning. They may be served cold with vinegar.

SPINACH.

Pick leaves from the stems and wash carefully to remove the sand. Cover and cook until tender, without water. Chop fine or press through a colander; reheat with 2 tablespoons melted butter and seasoning. Serve garnished with 2 hard-boiled eggs. Old spinach should be cooked in boiling water.

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FRIED EGGPLANT.

Cut the egg plant into slices $\frac{1}{4}$ -inch thick; salt each slice separately, putting one on top of another; put on the upper slice a heavy weight to press out the juice and let stand about half an hour. Dip in beaten egg, then cracker dust or bread crumbs, or the two mixed; fry quickly in hot lard to a rich brown.

STUFFED EGGPLANT.

Cut the eggplant in two and scrape out the inside, which put into a sauce-pan, with a little minced ham. Cover with water and boil until soft; then, drain off the water and add 2 tablespoons of grated crumbs, 1 tablespoon of butter, half a minced onion, salt and pepper. Stuff each half of the shell with this mixture; to each add a lump of butter and bake 15 minutes. Minced veal or chicken in the place of ham is equally good—and many prefer it.

STEWED SALSIFY, OR OYSTERPLANT.

Scrape the roots and place in cold water, to prevent discoloration. Cut in inch long pieces. Cover with hot water in a sauce-pan and boil tender. Then, pour off most of the water and add a cup of milk. Bring this to a boil, stew 10 minutes, put in a large lump of butter, cut and rolled in flour; season to taste; boil up once and serve. This dish has much the taste of stewed oysters.

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ASPARAGUS.

Break asparagus stalks in pieces any desired length; boil until tender; season with salt, pepper and plenty of butter; thicken with a tablespoon of flour, mixed with milk. If desired serve on toast. The tops, which are tender, should be placed in the water 10 minutes after the other pieces begin to boil.

STEWED CARROTS.

Wash and scrape the carrots, and cut them into strips. Put these in a stewpan with water enough to cover them; add a spoonful of salt, and boil slowly until they are tender. Then, drain and replace them in the pan, with 2 tablespoons of butter rolled in flour, a little pepper and salt, and enough cream or milk to moisten the whole. Bring to a boil and serve hot.

PARSNIPS.

Scrub, scrape off a thin skin, cut each parsnip into quarters lengthwise, and cook in boiling, salted water from 30 to 40 minutes, until soft. Place in a dish and pour a white sauce over them, or serve with vinegar on the table. They may be buttered after boiling, placed in the oven and baked a golden brown.

FRIED PARSNIPS.

Wash and scrape parsnips, quarter and remove heart, cut in pieces about 2 inches long, salt and pepper. Mix butter and lard in frying pan, put them in and fry till a nice brown.

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SUMMER SQUASH.

When young and tender this can be fried in the same manner as eggplant. Winter squash takes much longer to cook and should be soaked in cold water for 2 hours or more before cooking. Cold, stewed squash can be used by taking 2 cups squash, 2 eggs, 2 tablespoons of flour, $\frac{1}{2}$ cup of milk and a small piece of butter. Fry in hot lard.

STEWED PUMPKIN.

Cut in two, remove the seeds, slice and pare, Soak for an hour in cold water; then, put in boiling water and stew gently, stirring often. When the pieces grow tender and break, drain and squeeze dry, rub through a colander and return to the pan with a seasoning of butter, salt and pepper. Stir rapidly from bottom till very hot. Dish in a mound shape.

NOODLES.

Two eggs and flour. Beat the eggs until light; then, add flour to make a very stiff dough. Knead the dough until smooth. Roll very thin and when partially dry cut in thin strips. When dry place in a closely-covered jar. Noodles will keep for several weeks and may be used in the same way as macaroni.

MACARONI.

Twelve sticks of macaroni, 2 cups of white sauce, 1 cup of grated cheese, 1 cup of buttered crumbs.

Break the macaroni into 1-inch pieces. Cook in a large amount of boiling, salted water; when tender pour into a colander and run cold water through it, make sauce, add cheese and macaroni to it and pour into a buttered baking dish, cover with crumbs, and bake until brown.

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STUFFED GREEN PEPPERS.

Wash half a dozen large green peppers, put them in boiling water 5 minutes, rub off the skins with a wet cloth, cut off the stem, remove the seeds and stuff the peppers with any kind of cold meat minced fine and an equal amount of stale bread. Replace the stems, set the peppers in a deep dish, pour in as much cold gravy as the dish will hold and bake in a moderate oven for half an hour. They may be stuffed with sausage meat and bread. Serve in the dish in which they are baked.

STEWED TOMATOES.

Plunge them into boiling water to remove the skins, drain and peel, cut into small pieces, add a small onion and cook over moderate heat; a long, slow cooking improves the flavor. Just before removing from the stove add a pinch of baking soda; then, butter and seasoning. They may be thickened with cracker crumbs or bread crumbs, or sweetened with sugar.

IRISH POTATO CAKE.

Peel, boil and mash 4 or 5 potatoes. Or, if you have cold mashed potatoes left over from dinner, they will do as well. Put them in a mixing pan with about half as much flour as you have potato. Add 1 tablespoon of salt and 2 tablespoons of dripping. Work between the hands until all lumps are gone. Add $\frac{1}{2}$ cup of milk and work into a soft dough. Dissolve $\frac{1}{2}$ teaspoon of baking soda in a little warm water and work this into the dough.

Roll out $\frac{1}{2}$ -inch thick and cut into irregular shapes. Bake upon a well-greased griddle, turning to brown each side. Split, butter, close again upon the butter and pile upon a hot plate.

A teaspoon of carraway seeds mixed into the dough will improve the cakes.

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CHEESE.

GENERAL RULES.

Cheese should not be tightly covered.

When it becomes dry and hard, grate and keep covered until ready to use. It may be sprinkled into soups or added to starchy foods.

Soda, in cheese dishes which are cooked, makes the cheese more digestible.

A soft, crumbly cheese is best for cooking.

TOAST AND CHEESE.

Prepare toast; dip in hot, salted water; grate enough dry cheese to cover the slices; set in the oven to melt, and put the slices together as sandwiches. This may be enriched in various ways by adding egg, butter and spices.

WELSH RAREBIT.

One-quarter pound cheese grated, $\frac{1}{4}$ cup cream or milk, $\frac{1}{2}$ or 1 teaspoon of mustard, $\frac{1}{2}$ teaspoon of salt, cayenne, 1 egg, 2 teaspoons of butter, dry toast.

Put the cheese and cream or milk into a double boiler. Mix the mustard, salt and cayenne. Add the cheese and beat well. When the cheese is melted, stir in the mixture of dry ingredients and the egg; then, the butter, and cook until it thickens. Stir constantly. Pour it over the toast.

RICE AND CHEESE PUDDING.

Pick over and wash a cup of rice. Steam until soft in salted water in a double boiler. Butter a baking dish, put in the rice and 2 cups of grated cheese in layers, pour on 1 cup of white sauce. Sprinkle over it buttered cracker crumbs and brown in the oven. Macaroni may be used in the same way.

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CHEESE STRAWS.

One cup of grated cheese, 1 cup of fresh bread crumbs, 2-3 cup of flour, 1 tablespoon of butter, $\frac{1}{4}$ teaspoon of salt, $\frac{1}{8}$ teaspoon of white pepper, cayenne, 2 tablespoons of milk.

Cream the butter, add flour, crumbs and grated cheese; then, add seasoning, mix thoroughly; then, add milk. Roll $\frac{1}{4}$ -inch thick, cut $\frac{1}{4}$ -inch wide and 6 inches long. Bake until brown in a moderately hot oven.

CHEESE STICKS.

Take 1 pint of flour, $\frac{1}{2}$ pint of grated cheese, mix and paste with lard the size of an egg; make the same as pie crust. Roll out and cut in strips $\frac{1}{2}$ -inch wide and 5 inches long; sprinkle over top with grated cheese and bake a light brown.

CHEESE SOUFFLE.

Three tablespoons of butter, 3 tablespoons of flour, $\frac{3}{4}$ cup of milk, 1 cup grated cheese, 3 eggs, $\frac{1}{2}$ teaspoon of salt, cayenne.

Put the butter in a saucepan and, when hot, add the flour and stir until smooth; add the milk and seasoning. Cook 2 minutes. Remove to the back of the stove and add the well-beaten yolks and the cheese. Set away to cool. When cold add the whites of the eggs, beaten to a stiff froth. Turn into a buttered dish and bake from 20 to 25 minutes. Serve the moment it comes from the oven.

One cup cooked flaked fish may be used instead of cheese.

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COTTAGE CHEESE.

Heat sour milk slowly until the whey rises to the top; pour it off, put the curd in a bag and let it drip for 6 hours without squeezing. Put it into bowl and break fine with a wooden spoon. Season with salt and mix into a paste with a little cream or butter. Mould into balls and keep in a cool place. It is best when fresh.

EGGS.

GENERAL RULES.

Eggs form a valuable food and should be used as a substitute for meats and in combination with starchy foods. Fresh eggs should always be used, if obtainable.

They should be kept in a cool place.

The yolk of an egg may be kept from hardening by covering it with cold water if unbroken, or with paraffin paper.

If eggs are placed in boiling water and allowed to boil, the white becomes tough and indigestible; and the yolk undercooked; therefore, they should be cooked at a temperature below boiling point.

SOFT BOILED EGGS.

Place the eggs in boiling water, remove from fire, cover, and allow them to stand from 5 to 8 minutes.

HARD COOKED EGGS.

Place the eggs in cold water, cover, and when the water boils remove from the fire and allow them to stand 20 minutes on the back of the stove; then, put into cold water.

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POACHED EGGS.

Break each egg into a saucer, slip the egg into boiling water, cover, remove to cooler part of fire and cook 5 minutes or until the white is firm, and a film has formed over the yolk. Take up with a skimmer, drain, trim off the rough edges, and serve on slices of toast. Season.

FRIED EGGS.

Break shells and drop the eggs, one by one, in hot fat; dip the fat over them until the white is set; dust with pepper and salt and serve hot; cook from 3 to 5 minutes, according to taste. These are less digestible than poached eggs.

SCRAMBLED EGGS.

Beat 6 eggs very light; add a little salt, 8 tablespoons of milk, and a small lump of butter. Put in a hot skillet and stir constantly until the eggs harden.

PICKLED EGGS.

Six hard-boiled eggs, with 4 whole cloves stuck in each; rub together $\frac{1}{2}$ teaspoon of salt, $\frac{1}{2}$ teaspoon of pepper, $\frac{1}{2}$ teaspoon of mustard, with a little cold vinegar; let 1 pint of vinegar come to a boil, add the spice and cook 1 minute, pour boiling hot over the eggs, in a glass jar, cover closely. A few pieces of boiled beet in the vinegar will turn them a pretty pink.

DEVEILED EGGS.

Remove the shells from $\frac{1}{2}$ -dozen of hard-boiled eggs, cut in halves, take out yolks. Ground up the same quantity of ham, tongue or salt meat as the yolks of the eggs. Mix together and season to taste; refill the whites and serve with mayonnaise dressing.

PLAIN OMELETTE.

Two eggs, $\frac{1}{8}$ teaspoon of salt, cayenne or white pepper, 2 tablespoons of milk, 1 teaspoon of butter.

Beat the yolks of the eggs until light and creamy, add the seasoning and milk; beat the whites until stiff, but not dry, cut them into the yolks; heat a frying pan, rub it all over with the butter and brown, turn in the omelette, spread it evenly on the pan. When the omelette is set put in a hot oven for a few minutes to dry slightly on top, fold and serve immediately.

OMELETTE.

One tablespoon of butter, 1 tablespoon of flour, $\frac{1}{4}$ teaspoon of salt, pepper, $\frac{1}{2}$ cup of milk, 2 eggs.

Make a white sauce; separate the yolks and whites of the eggs, and beat them until light; when white sauce is cool add the yolks and cut in the whites. Cook in the same way as plain omelette.

CREAMY OMELETTE.

Four eggs, 4 tablespoons of milk, $\frac{1}{2}$ teaspoon of salt, $\frac{1}{8}$ teaspoon of pepper, 2 teaspoons of butter.

Beat eggs slightly, add milk and seasoning; put butter in hot frying pan; when melted turn in the mixtures; as it cooks draw the edges toward the center with a knife until the whole is of a creamy consistency; place on a hotter part of the stove, that it may brown quickly underneath; fold and turn on hot platter.

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MEAT OMELETTE.

Mix 2 tablespoons of ground meat with the plain omelette and cook as directed. A little chopped parsley may be added. When the omelette is cooking, spread chopped meat over half the top and fold double. Oysters, whole or chopped, or stewed tomatoes, may replace the meat.

Boiled ham is best for this omelette.

CUSTARDS.

RULES FOR CUSTARDS.

The eggs should be thoroughly mixed, but not beaten light, the sugar and salt added to these and the hot milk added to these slowly. Custards must be cooked over moderate heat; if a custard curdles, put it in a pan of cold water and beat until smooth. Custards should always be strained. To test baked custard, put a knife in the center; if it comes out without egg or milk on it the custard is cooked. Overcooking will curdle it.

STEAMED CUSTARDS.

One quart of milk, 4 eggs, $\frac{1}{2}$ cup of sugar, $\frac{1}{4}$ teaspoon of salt, 1 tablespoon of caramel or $\frac{1}{8}$ teaspoon of nutmeg.

Prepare according to the rule; strain into cups and steam until firm over water, which is boiling gently. 1 ounce of chocolate may be melted and mixed with the milk for chocolate custards.

SOFT CUSTARD.

One pint of milk, 2 eggs (yolks), $\frac{1}{4}$ cup of sugar, 1-16 teaspoon of salt, $\frac{1}{2}$ teaspoon of vanilla extract.

Prepare according to the rule and cook in a double boiler, stirring constantly until it thickens, strain, and when cool, flavor.

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FLOATING ISLAND.

For floating island use 4 yolks of eggs and cook in the same manner as the above; the whites should be beaten light and $\frac{1}{4}$ cup of powdered sugar added to them for a meringue; drop in large spoonfuls on the floating island custard when cool. $\frac{1}{2}$ -ounce of chocolate may be added for chocolate custards.

CUSTARD PUDDING.

One-quarter cup of rice or pearl tapioca, 2 cups of milk, 2 eggs (yolk), 1-3 cup of sugar, $\frac{1}{8}$ teaspoon of salt, 2 eggs (whites), $\frac{1}{2}$ teaspoon of vanilla.

Soak the tapioca in enough hot water to cover it, until it absorbs the water, add the milk and cook until the tapioca is soft and transparent, add the yolks of the eggs, sugar and salt, cook 3 minutes, remove from fire; add the beaten whites and flavoring, and when cold serve. Rice must be cooked until soft in boiling water.

CUP CUSTARDS.

Scald 1 pint of milk. Beat 2 eggs, add the milk, sprinkle of salt and 2 tablespoons of sugar, and stir until the sugar dissolves. If desired, a little nutmeg may be added. Pour into cups, stand the cups in a pan of boiling water, put the pan in the oven and bake until the custards are firm in the center.

SNOW CUSTARD.

Take 1 quart of milk, sweeten and flavor with lemon and vanilla. Bring the milk to a boil, and lay on top the whites of 5 eggs beaten to a froth. When the whites have cooked slightly, remove and lay on a dish. Then, add the boiling milk to the beaten yolks, stirring constantly and put on the fire until near boiling. Then, remove it, and lay the whites carefully on top.

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RENNET, OR JUNKET.

One quart of milk, 1 tablespoon of liquid rennet or 1 tablet soaked in 1 tablespoon of cold water, 2 tablespoons of sugar.

Heat the milk until lukewarm, add the sugar, and stir until the sugar is dissolved; add the rennet, pour into glasses, leave until firm in a moderately warm place; then, put in refrigerator; sprinkle with cinnamon or nutmeg and serve with cream.

ICE CREAM.

GENERAL RULES.

The can, cover and dasher of the freezer should be scalded and then chilled before the mixture which is to be frozen is placed in it. Adjust the can carefully in the tub before packing. Pour in the mixture, put in the dasher, cover, adjust the crank and pack with finely chopped ice and rock salt; this must be higher around the can than the mixture inside.

Use 3 times as much ice as salt for freezing; use 4 times as much ice as salt in packing.

In freezing ice cream the crank should be turned slowly and steadily; in freezing sherbet the crank should be turned rapidly and steadily; in freezing water ice or frozen fruit turn the crank steadily 5 minutes, allow it to stand 5 minutes, turn again 5 minutes and continue until freezing is completed.

When mixture is frozen, remove ice and salt from around the top of the can; wipe cover and top; uncover and remove dasher, scrape it; then, beat frozen mixture with wooden spoon or paddle 5 minutes; place paraffine paper or heavy paper over can; cover and put cork in hole. Drain off all the water which has collected during the freezing and which should not be re-

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moved until freezing is completed; repack the freezer, putting ice and salt over the top, cover with carpet, blanket or newspaper and allow it to stand in a cold place several hours.

A tightly-covered tin can and a wooden pail may be substituted for an ice cream freezer, using a wooden spoon or paddle to scrape the mixture from the sides and bottom of the can as it freezes.

In preparing frozen fruits or water ice the sugar and water should be made into a syrup, which should be boiled 5 minutes; then, strained; in preparing ice cream with fruit the sugar and crushed fruit should stand 1 hour in a cool place, or until the sugar is dissolved; then, add cream and freeze; in preparing ice cream without fruit the cream should be scalded and the sugar dissolved in it; cool, add flavoring and freeze.

Fruit juice is used for water ice; the fruit is pressed through a colander or cut in small pieces with a silver knife for frozen fruit; either juice or crushed fruit may be used for ice cream; it is preferable to use only the juice of very seedy fruits.

VANILLA ICE CREAM.

One quart cream, 1 cup of sugar, 2 tablespoons vanilla extract.

CHOCOLATE ICE CREAM.

Two ounces chocolate, 1 quart cream, $\frac{3}{4}$ cup of sugar, $\frac{1}{2}$ teaspoon vanilla.

Melt chocolate, add cream and sugar, boil 8 minutes; when cool, add vanilla and freeze.

CARAMEL ICE CREAM.

One cup of sugar, $\frac{1}{4}$ cup of boiling water, 1 quart of cream, $\frac{1}{2}$ cup of sugar.

Melt sugar in iron pan; when caramel stage is reached, add boiling water gradually; mix with hot cream and sugar; when cool, freeze.

COFFEE ICE CREAM.

One-third cup finely ground coffee, 1-3 cup boiling water, 1 quart cream, 1 cup sugar.

Make filtered coffee, mix with hot cream and sugar; when cool, freeze.

FRUIT ICE CREAM.

Two cups of fruit juice or 3 cups of crushed fruit, 1 quart of cream, 2 cups of sugar.

For frozen fruit or water ice use water instead of cream, adding 2 tablespoons of lemon juice.

ORANGE WATER ICE.

One quart of water, 2 cups of sugar, 2 cups of orange juice, $\frac{1}{4}$ cup of lemon juice.

Boil grated rind of 2 oranges in the syrup.

MILK SHERBET.

One-half cup of lemon juice, 2 cups of sugar, 1 quart of milk.

CURRANT ICE.

To 1 pint of currant juice add 1 pound of sugar and 1 pint of water; when partly frozen, add the whites of 3 eggs, whipped to a froth.

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BUTTERMILK ICE CREAM.

To 3 cups of rich, foamy buttermilk (not bitter) add 1 cup of thick cream, $1\frac{1}{2}$ cups of sugar, and flavor to taste with vanilla or black coffee.

BISQUE ICE CREAM.

One quart of cream, $\frac{1}{4}$ -pound of macaroons, $\frac{1}{4}$ -pound of sponge cake, $\frac{1}{2}$ -pound of sugar, 1 teaspoon of vanilla, 1 teaspoon of caramel.

Pound the macaroons and sponge cake (which should be stale) through a colander. Put 1 pint of cream on to boil in a farina boiler, add it to the sugar; stir until dissolved. Take from the fire and, when cold, add the remainder of the cream, and freeze. When frozen, add the vanilla, caramel and pound cake, and (if you use it) 5 tablespoons of sherry; beat the whole until perfectly smooth. Pack as directed.

GRAPE JUICE SHERBET.

Put 2 cups of sugar into a saucepan with 4 cups of water and boil for 20 minutes. Strain and add the juice of 1 orange, the juice of 1 lemon, 3 cups of grape juice, and 1 tablespoon of powdered gelatine dissolved in 1 cup of boiling water. Freeze when cool. Serve in dainty glasses with a spoonful of whipped and sweetened cream on top.

FROZEN CUSTARD.

One quart of milk, 4 eggs, 1 cup of sugar, 1 tablespoon of vanilla, 2 tablespoons of cornstarch.

Put the milk over the fire in a farina boiler. Moisten the cornstarch with a little cold milk, add it to the hot milk, and stir it until it begins to slightly thicken. Beat the eggs and sugar together until light, add them to the hot milk, boil 1 minute, take from the fire, add vanilla and, when cold, freeze same as ice cream.

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RAISINS.

Prepare raisins for puddings by pouring boiling water over them, drain and stone them. They may be chopped or torn into quarters. If used for cake, they should be washed in cold water and dried on a towel, stoned and torn into pieces.

CURRANTS.

Clean currants by placing them in a colander and shaking flour over them, and rub carefully in the flour. Put the colander into a pan of cold water and rinse them, changing it until clear, showing the currants are clean. Dry them in a very cool oven or in the sun. They may be prepared several days before using.

TO STEAM MIXTURES.

A mould or tightly-covered tin may be used; it should be thoroughly greased and, if it has no cover, a strong piece of brown paper may be tied over the top; this should also be greased. It should be put into a steamer over boiling water, or on a rack in a kettle of boiling water.

BROWN BREAD.

Four cups of rye, 2 cups of corn meal, 1 tablespoon of soda, 1 teaspoon of salt, 1 cup of molasses, 4 cups of sour milk.

Put into a tightly-covered mould which has been greased. Cook over steam 6 hours; then, dry in the oven for a few minutes.

APPLE DUMPLINGS.

Use a recipe for baking-powder biscuit. Roll $\frac{1}{2}$ -inch thick and cut in squares. Place an apple, cored and pared, in the center of each. Fold the dough over the apples and steam $\frac{1}{2}$ hour or until the apples are soft. This quantity makes 6 small dumplings. They may be browned in the oven after steaming. Apple dumplings may be made with pastry, if preferred.

FRUIT PUDDING.

One pint of flour, 4 teaspoons of baking powder, $\frac{1}{4}$ teaspoon of salt, $\frac{1}{2}$ cup of beef suet (finely chopped), $\frac{1}{4}$ cup of sugar or molasses, $\frac{1}{2}$ teaspoon of nutmeg, $\frac{1}{2}$ cup of currants, $\frac{1}{2}$ cup of raisins, $\frac{1}{4}$ cup of milk, if molasses is used, or $\frac{3}{4}$ cup of milk, if sugar is used.

If it is put in small moulds, steam for $1\frac{1}{4}$ hours; if in a larger mould, cook for $2\frac{1}{2}$ hours.

APPLE OR PEACH PUDDING.

Two cups of flour, 3 teaspoons of baking powder, $\frac{1}{2}$ teaspoon salt, $\frac{3}{4}$ to 1 cup of milk, 1 egg, 2 tablespoons of butter, 1 pint of sliced peaches or apples, $\frac{1}{4}$ cup of sugar.

Mix and sift the dry ingredients, add the well-beaten egg and milk to them. Then, add the melted butter. Cut the peaches into slices, put them in the moulds and sprinkle with sugar, pour in the batter and steam from $1\frac{1}{2}$ to 2 hours.

A lard kettle or cottolene kettle makes a good substitute for a steamer.

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PLUM PUDDING.

One cup of raisins, 1 cup of currants, 1 cup of brown sugar, 2 eggs, $\frac{1}{2}$ teaspoon of allspice, $\frac{1}{2}$ teaspoon of cinnamon, $\frac{1}{2}$ cup of citron peel, 2 cups of flour; mix with milk 1 cup of best kidney suet, chopped fine. Boil 4 hours; serve with sauce. Let it cool 20 minutes before removing pudding cloth, to prevent breaking.

BOILED INDIAN PUDDING.

One cup of molasses, 1 cup of milk, stir together; add 2 eggs, stir gradually into the molasses 1 cup of chopped meat, corn meal enough to make a stiff batter, $\frac{1}{2}$ teaspoon of cinnamon, $\frac{1}{2}$ teaspoon of nutmeg, and a little grated rind of lemon.

Dip a cloth into boiling water, flour a little, turn the mixture into it; tie it up, but leave room enough to swell. Boil 2 hours.

Any pudding can be boiled in a small lard kettle that closes.

ORANGE MARMALADE PUDDING.

One-half pound of suet, $\frac{1}{2}$ -pound of grated bread crumbs, $\frac{1}{2}$ -pound of sugar, 3 ounces of orange marmalade; mix these ingredients together with 4 eggs; boil 4 hours. Lay a few raisins open in the bottom of the mould. Sauce, 2 ounces of butter and 2 ounces of white sugar; beat to a cream and flavor with brandy or lemon.

FIG PUDDING.

One-half pound of figs, $\frac{1}{4}$ -pound of grated bread, $2\frac{1}{2}$ ounces of powdered sugar, 3 ounces of butter, 2 eggs, 1 cup of milk. Chop the figs small and mix first with the butter and then all the other ingredients by degrees; butter a mould, sprinkle with bread crumbs, cover it tight and boil for 3 hours.

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RICE PUDDING.

One-half cup of rice, $\frac{1}{2}$ cup of sugar, $\frac{1}{2}$ cup of raisins, small piece of butter, a little salt, 1 quart of milk. Bake from $1\frac{1}{2}$ to 2 hours. Serve with sauce.

BREAD AND BUTTER PUDDING.

Cut thin slices of stale bread, butter thickly and sprinkle with sugar. Fit neatly into a buttered pudding dish until half full. Lay on top a plate to keep them from floating, and pour in a custard made of 3 cups of hot milk, 4 beaten eggs and nearly a cup of sugar. Season with vanilla and nutmeg. Let soak for 15 minutes; then, remove the plate and put in the oven. If the bread still inclines to float, hold it down with a fork until the custard thickens. Eat cold. Layers of currants will improve this.

ROLY-POLY.

Take 1 quart of flour; make a good biscuit crust; roll out $\frac{1}{2}$ -inch thick and spread with any kind of fruit, fresh or preserved; fold so that the fruit will not run out; dip cloth into boiling water, and flour it and lay around the pudding closely, leaving room to swell; steam $1\frac{1}{2}$ hours; serve with boiled sauce, or lay in steamer without a cloth, and steam for 1 hour.

COCOANUT PUDDING.

Beat 2 eggs with 1 cup of new milk; add $\frac{1}{4}$ -pound of grated cocoanut; mix with it 3 tablespoons each of grated bread and powdered sugar, 2 ounces of melted butter, 5 ounces of raisins, and 1 teaspoon of grated lemon peel; beat the whole well together; pour the mixture into a buttered dish and bake in a slow oven; then, turn it out, and dust sugar over it and serve. This pudding may be either boiled or baked.

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CHOCOLATE PUDDING.

Two cups of flour, $\frac{3}{4}$ cup of sugar, 6 teaspoons of baking powder, 2 eggs, 1 cup of milk, $\frac{1}{4}$ cup of butter, 1 ounce of melted chocolate.

Sift the dry ingredients thoroughly, mix the milk and eggs, add to this the dry ingredients gradually, and the chocolate and beat well; then, fold in the melted butter and pour into a buttered mould; cover tightly and steam 1 hour.

BROWN BETTY.

Three cups apples (chopped), 2 cups of crumbs, $\frac{1}{2}$ cup of sugar, $\frac{1}{4}$ teaspoon of cinnamon, $\frac{1}{4}$ teaspoon of nutmeg, 2 tablespoons of butter, $\frac{1}{2}$ lemon, juice and rind, $\frac{1}{4}$ cup of water.

The crumbs should be prepared from the inside of stale bread. Crumb the bread by grating or by rubbing 2 pieces together. The crumbs must be seasoned and added to the melted butter.

Place the food material in 2 layers, using $\frac{1}{4}$ of the amount of the crumbs on the bottom of the dish, $\frac{1}{4}$ more in the middle, and the remaining $\frac{1}{2}$ on top of the dish, which should be buttered.

GENERAL RULES.

If possible, soak gelatine in cold water until it is softened; the boiling water then dissolves it. It should be covered with a cloth while soaking.

If gelatine must be softened quickly, pour cold water over the gelatine, and heat over boiling water until it is dissolved.

The cloth through which jellies are strained should be wet. If jellies are to be moulded, the moulds should be wet with cold water.

Jellies should be placed near the ice to harden, but may

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be hardened quickly by surrounding with ice water.

It is better to follow the directions of whatever brand of gelatine you use as to the amount of gelatine for each pint of liquid.

LEMON JELLY.

One-half package gelatine, $\frac{1}{4}$ cup of cold water, 2 cups of boiling water, 1 cup of sugar, $\frac{1}{2}$ cup of lemon juice.

Soak the gelatine in cold water, add the boiling water, sugar and juice; strain.

ORANGE JELLY.

One-quarter package gelatine, $\frac{1}{4}$ cup of cold water, $\frac{1}{2}$ cup of boiling water, 1 cup of sugar, $1\frac{1}{2}$ cups of orange juice, 3 tablespoons of lemon juice.

Soak the gelatine in the cold water, add the boiling water, sugar and juice; strain. $1\frac{1}{2}$ cups of any other fruit juice may be used.

COFFEE JELLY.

One-half package of gelatine, $\frac{1}{4}$ cup of cold water, $2\frac{1}{2}$ cups of coffee, $\frac{1}{2}$ cup of sugar.

Soak the gelatine in cold water, add the boiling coffee and sugar; strain.

WINE JELLY.

One-half package of gelatine, $\frac{1}{4}$ cup of cold water, $1\frac{1}{2}$ cups of boiling water, 1 cup of sugar, 2 tablespoons of lemon juice, $\frac{3}{4}$ cup of wine.

Soak the gelatine in the cold water, add the boiling water, sugar and lemon juice; when slightly cooled add the wine; strain.

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SNOW PUDDING.

One-quarter box of gelatine, $\frac{1}{4}$ cup of cold water, 1 cup of boiling water, 1 cup of sugar, $\frac{1}{4}$ cup of lemon juice, yolks of 3 eggs, $\frac{3}{8}$ cup of sugar, $\frac{1}{8}$ teaspoon of salt, 1 pint of hot milk, $\frac{1}{2}$ teaspoon of vanilla, whites of 3 eggs. Prepare as for lemon jelly, strain into a large bowl and place in ice water to cool. Stir occasionally. Beat the whites of the eggs until light, and when the jelly begins to thicken add them to it. Beat until smooth and nearly hard, pour into a mould or a glass dish.

Make a soft custard with the remainder of the ingredients, and, when cold, serve it with the pudding.

COFFEE CREAM.

One-quarter box of gelatine, $\frac{1}{4}$ cup of cold water, $\frac{1}{2}$ cup of sugar, $1\frac{1}{2}$ cups of cream or milk, $\frac{1}{2}$ cup of strong coffee (filtered).

Prepare as for coffee jelly. Strain into an earthen or agateware dish. Place in ice water to cool. Stir occasionally. When it acquires the consistency of syrup, add the whipped cream. Stir until it becomes thick, but not hard; then, pour into a glass dish.

If milk or plain cream is used, it may be added as soon as the jelly is strained.

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APPLE MERINGUE PUDDING.

Two cups of stewed apples, 3 eggs, $\frac{1}{2}$ teaspoon of nutmeg, $\frac{1}{2}$ teaspoon of cinnamon, 2 tablespoons of butter, $\frac{1}{4}$ cup of sugar, 1 tablespoon of lemon juice or vinegar, $\frac{1}{4}$ cup of powdered sugar, 1 teaspoon of flavoring.

While the apples are still hot, add the spices, which have been thoroughly mixed, the butter and the well-beaten yolks of eggs; sugar and lemon juice may be added, if needed. Beat until light; put in a buttered baking dish and cook 10 minutes in a hot oven. Take from the oven and cover with a meringue made from the whites of the eggs, powdered sugar and flavoring. Brown slightly. Serve cold with cream.

APPLE SNOW.

Two apples, white of 1 egg, 1 tablespoon of powdered sugar, $\frac{1}{2}$ tablespoon of lemon juice.

Cut the apples into quarters and remove the cores. Cook them in a small amount of water until very soft. Drain and rub through a fine sieve. Beat the whites of the egg, add the sugar gradually, and slowly beat in the strained apple. Serve with cream.

SAUCES.

TO MAKE DRAWN BUTTER.

Put $\frac{1}{2}$ pint of milk in a perfectly clean stewpan, and set it over a moderate fire; put into a pint bowl a heaping tablespoon of flour, $\frac{1}{4}$ of a pound of sweet butter, 1 saltspoon of salt; work these well together with the back of a spoon; then, pour into it, stirring it all the time, $\frac{1}{2}$ -pint of boiling water; when it is smooth, stir it into the boiling milk, let it simmer for 5 minutes or more, and it is done.

It may be made less rich by using less butter.

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PARSLEY SAUCE.

Make a drawn butter as directed, dip a bunch of parsley into boiling water; then, cut it fine and stir into the drawn butter a few minutes before taking up.

EGG SAUCE.

Make a drawn butter; chop 2 hard-cooked eggs quite fine, the white and yolk separately, and stir it into the sauce before serving. This is used for boiled fish or vegetables.

TOMATO SAUCE.

Can be cheaply made either from the fresh fruit or from the canned tomatoes. Squeeze as much as you require through a sieve, and then simmer slowly for a little time in a few tablespoons of beef gravy, season with pepper and salt. Excellent for chops and cutlets, or for roasted beef.

CELERY SAUCE.

Mix 2 tablespoons of flour with $\frac{1}{2}$ teacup of butter; have ready 1 pint of boiling milk; stir the flour and butter into the milk; take 3 stalks of celery cut into small pieces and boil for a few minutes in water, which strain off; put the celery into melted butter, and keep over the fire 5 or 10 minutes, stirring constantly. This is very nice with boiled fowl or turkey.

CRANBERRY JELLY.

Four cups of cranberries, 1 or 2 cups of water, 1 cup of sugar.

Pick over and wash the cranberries; cook them with the sugar until they burst from their skins, press through a strainer, add the sugar and stir until the sugar is dissolved; stop stirring 8 to 10 minutes, or until its jells; pour into moulds or glasses which have been wet with cold water, and set away to cool.

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SAUCE FOR FISH.

One pint of boiling water, 1-3 or $\frac{1}{2}$ cup of butter, $\frac{1}{4}$ cup of flour, $\frac{1}{2}$ teaspoon of salt, 1 tablespoon of lemon juice or vinegar, cayenne, 1 tablespoon chopped parsley.

Prepare in the same way as white sauce. Hard-cooked eggs may be chopped or the whites sliced and the yolks pressed through a sieve and added to the sauce.

HOLLANDAISE SAUCE.

One-half cup of butter, yolks of 2 eggs, $1\frac{1}{2}$ tablespoons lemon juice, $\frac{1}{4}$ teaspoon of salt, 1-16 teaspoon of cayenne, $\frac{1}{2}$ cup of boiling water.

Cream the butter, add the yolks one at a time, and beat well; then, add the lemon juice, salt and pepper. A short time before serving, add the boiling water. Cook over boiling water, and stir until the mixture is of the consistency of custard. Serve immediately.

CAPER SAUCE FOR BOILED MUTTON.

One-third cup of butter, $\frac{1}{4}$ cup of flour, $\frac{1}{2}$ teaspoon of salt, $\frac{1}{8}$ teaspoon of pepper, 1 pint of water, in which the mutton was cooked.

Prepare the same way as white sauce, and add $\frac{1}{4}$ or 1-3 cup of capers.

TO MIX MUSTARD.

Take 2 tablespoons of mustard, and add to it gradually cold water or vinegar to make a smooth paste.

The vinegar makes a strong mixture.

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LEMON SAUCE.

One cup of sugar, 2 tablespoons of flour, 2 cups of boiling water, 1 lemon (rind and juice), 2 tablespoons of butter.

Mix the sugar and flour thoroughly; then, add slowly the boiling water. Cook 15 minutes, stirring constantly. Add the lemon rind and juice; then, the butter. Stir until the butter is melted, and serve at once. If the sauce is too thick add hot water.

VANILLA SAUCE.

One-quarter cup of sugar, 2 tablespoons of flour, 2 cups of boiling water, 4 tablespoons of butter, 1 teaspoon of vanilla.

Prepare as for lemon juice, add vanilla just before serving.

HARD SAUCE.

One-third cup of butter, 1 cup of powdered sugar, $\frac{1}{2}$ teaspoon of flavoring or $\frac{1}{4}$ teaspoon nutmeg.

Cream the butter, add sugar gradually, beating until it is light and creamy. Add flavoring and beat again.

FRUIT SAUCE.

One tablespoon of flour, $\frac{1}{4}$ cup of sugar, 2 cups of fruit juice (heated).

Mix the flour and sugar thoroughly, add fruit juice slowly and cook 15 minutes. $\frac{1}{4}$ cup candied or preserved fruit, cut in small pieces, may be added.

CREAMY SAUCE.

Two eggs, 1 cup of sugar, 1 lemon, 1 cup of grated apple.

Beat the yolks and sugar, add rind and juice of lemon; then, the beaten whites and the apple gradually. Cook 3 minutes over boiling water, stirring constantly.

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APPLE JELLY.

Slice nice, clean apples in preserving kettle, with enough water to almost cover. When stewed soft, strain through the jelly bag. Measure juice and boil 20 minutes. Add 2-3 as much sugar as juice. Boil 5 to 10 minutes longer. Always boil jelly as fast as possible.

CRAB APPLE JELLY.

Wash fruit clean, put in kettle, cover over with water and cook thoroughly. Pour into sieve and drain. Do not press it through. For each pint of juice allow 1 pound of sugar. Boil 20 to 30 minutes. Peach jelly can be made the same way.

BLACKBERRY JELLY.

Wash berries and put in porcelain kettle, with enough water to keep them from sticking. Cook a few minutes; then, drain through jelly bag. To 1 pint of sugar add 2 pints of juice. Boil until it jellies.

QUINCE JELLY.

Wash, core and slice in small pieces. Stew in plenty of water until fruit is soft and juice is rich. Pour all juice off; for jelly use 1 pint of juice and 1 pint of sugar; boil until it jellies.

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CURRANT JELLY.

Wash the fruit in a stone jar, squeeze through a flannel bag; then, strain without squeezing to obtain a clear liquid. Boil briskly in a porcelain-lined kettle for 20 minutes; then, stir in heated sugar; skin, boil 2 minutes longer; warm your tumblers and fill with the hot liquid; stand it away 24 hours to jelly. If not done then, cover the tumblers with window glass and let stand several days in the sun.

GRAPE JELLY.

Take grapes just turning ripe, wash, put in granite kettle, with very little, if any, water; let it simmer for 1 hour. Then, mash, strain through flannel bag, let come to a boil. While this is heating put sugar in moderate oven. For 2 cups of juice take 1 cup of sugar; let boil for 5 minutes; then, simmer 10 minutes more. Strain again through another flannel bag into glasses. Do not make more than 3 glasses at once.

PRESERVED PEACHES, PEARS, PLUMS.

Make fruit ready for preserving; to each pound of fruit use $\frac{3}{4}$ to 1 pound of sugar and 1 cup of water, according to tartness of fruit; boil syrup from 5 to 10 minutes; then, put in fruit; boil until fruit looks clear; fill jars and close.

PINEAPPLE PRESERVES.

Pare, slice pineapples; to every pound of fruit add 1 pound of sugar; place in jars a layer of pineapple and a layer of sugar—then, one of pineapple; let stand over night; take juice off the fruit and boil until it thickens; pour in the fruit and boil 15 minutes; take them out of syrup to cool; then, put in jar and pour syrup over and seal.

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PRESERVED RHUBARB.

Cut as for pies, without peeling; take the same quantity of sugar as you have fruit; put a small piece of butter in the bottom of a porcelain or granite kettle; place the sugar and rhubarb alternately in the kettle, place on the back of stove and cook slowly, stirring occasionally, until sugar is dissolved; then, cook more rapidly until preserved.

SPICED CURRANTS.

Make a syrup of 3 pounds of sugar, 1 pint of vinegar, 2 tablespoons of cinnamon, $\frac{1}{2}$ teaspoon of salt; add 6 pounds of currants, and boil $\frac{1}{2}$ hour.

SPICED PEACHES, PEARS AND SWEET APPLES.

Take 5 pounds of fruit, 3 pounds of sugar, cloves and cinnamon to taste; 1 pint of cider vinegar; have the syrup hot, cook until tender.

SPICED GRAPES.

Five pounds of fruit, 4 pounds of brown sugar, 1 pint of vinegar, 1 tablespoon of cloves, allspice, a little pepper; cook slowly 3 to 4 hours.

PRESERVED STRAWBERRIES.

One large cup of sugar to 1 pint of strawberries. Add enough water to dissolve the sugar, and boil to a thick syrup. Add berries and boil rapidly 15 minutes. Cook small quantity at a time.

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STRAWBERRY JAM.

Take 1 quart of berries, mash with a potato masher, add 1 pint of granulated sugar, and cook fast, stirring constantly, until the desired consistency.

RASPBERRY JAM.

To 5 pounds of red berries add an equal quantity of granulated sugar. Mash the berries in a kettle, put in the sugar, let boil until it jellies upon a cold plate.

BLACK CURRANT JAM.

Pick the currants carefully and take equal quantities of fruit and sugar. Pounded loaf sugar is best. Dissolve it over or mix it with the currants. Put in a very little water or red currant juice, boil and skim for 25 minutes.

GOOSEBERRY JAM.

To every 8 pounds of red, rough, ripe gooseberries allow 1 quart of red currant juice, 5 pounds of sugar. Prepare 1 quart of red currant juice, same as for red currant jelly; put it into a preserving pan with the sugar and keep on stirring until the sugar is dissolved. Keep it boiling for about 5 minutes; skim well; then, put in the gooseberries, and let them boil from $\frac{1}{2}$ to $\frac{3}{4}$ of an hour; then, turn the whole into an earthen pan, and let it remain for 2 days. Boil the jam up again until it looks clear; put it into pots and when cold cover with oiled paper and over the jars put tissue paper, brushed over on both sides with the white of an egg, and store away in a dry place. Care must be taken in making this to keep the jam well-stirred and well-skimmed to prevent it burning at the bottom of the pan and to have it very clear.

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PLUM JAM.

Wash and stone fruit. Add small quantity of water and boil until soft. Run through fruit sieve or colander, and to 1 bowl of pulp add $\frac{3}{4}$ of a bowl of sugar. Boil slowly until it thickens.

QUINCE MARMALADE.

Stew as many apples as you wish to put with your quinces, and strain the juice as for jelly. Pare and core the quinces, put in a bowl and chop as fine as desired. Put in a vessel and cover with apple juice, add a little water, if necessary, and cook until the fruit is tender. Skim the fruit out carefully, strain and measure the juice; add sugar, as for jelly, and boil until almost jellied. Drop in the fruit and cook until it begins to jelly. Put in jelly glasses.

BRANDIED PEACHES AND CHERRIES.

Put the peaches or cherries in boiling water for a few minutes, when the skin will peel off easily. Make a syrup of $\frac{1}{2}$ -pound of sugar and a $\frac{1}{2}$ teacup of water for each pound of fruit. Skim as the scum rises in boiling; then, put in the peaches and boil them gently until tender—no longer. Take them out carefully and fill your cans or jars. Remove the syrup from the fire, and add to it $\frac{1}{2}$ -pint beat brandy to each pound of fruit.

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CANNED STRAWBERRIES AND BLACKBERRIES.

Wash berries thoroughly before picking off the stems; weigh them. To each pound of berries allow $\frac{1}{4}$ -pound of sugar. Let them cook 15 minutes; after they come to a boil they are ready to can.

CANNED PEACHES, PEARS AND QUINCES.

Salads may be garnished with blossoms and leaves of nasturtiums, parsley, beets, or hard-cooked eggs cut in slices. Prepare fruit for canning, place in kettle; to each quart of fruit put 4 tablespoons of sugar; put in water to prevent burning; heat slowly to a boil; then, boil 3 or 4 minutes, can and seal. Cook pears and quinces longer.

CANNED TOMATOES.

Scald nice, smooth tomatoes and cook in granite kettle; simmer, not boil, 10 minutes; salt, pepper, as for use; then, fill cans very full; just before sealing put in a lump of fresh butter the size of a walnut. Tomatoes canned this way will keep for years.

CANNED CORN AND TOMATOES.

Peel and slice tomatoes (not too ripe) in the proportion of 1-3 corn to 2-3 tomatoes; put in a porcelain or granite kettle; let boil 15 minutes; can immediately in tin or glass. Some take equal parts of corn and tomatoes and prepare as above.

CANNED RHUBARB.

Cut rhubarb in small pieces without peeling; fill Mason jars with fruit; pump water over it rapidly to force out all air. Put lids on tightly at once. Set in a dark, cool place.

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SALADS.

Salads may be garnished with blossoms and leaves of nasturtiums, parsley, beets, or hard-cooked eggs cut in slices, or the hard-cooked yolks of eggs may be put through a vegetable press and sprinkled over the salad.

Lettuce, celery or cress should stand in cold water to grow crisp. Carefully look over and wash thoroughly and dry on a towel. Tear the leaves of the lettuce apart; do not cut. Arrange them in a bowl with the larger leaves on the outside. Put the center of the head in the middle of the bowl. When celery is cut for celery salad, dry very thoroughly before mixing with the dressing. Cut a hard cabbage into quarters with a sharp knife and soak in cold water 1 hour before using. Then, cut in thin slices with a sharp knife or a cabbage cutter.

BOILED DRESSING WITH OIL.

Two tablespoons of mustard, 1 teaspoon of salt, cayenne, 1 tablespoon of sugar, 4 eggs (yolks), $\frac{1}{2}$ cup of vinegar, 2-3 cup of oil.

Mix the dry ingredients, add the oil and vinegar and heat the mixture. Pour slowly into well-beaten yolks; return to the double boiler, and stir until thick. Serve very cold. A small quantity of whipped cream may be added.

CHICKEN SALAD.

Cold roasted or boiled chicken, free of skin, fat and bones. Place on a board and cut in long, thin strips, and cut these into dice. Place in an earthen bowl; there should be 2 quarts, and season with 4 tablespoons of vinegar, 2 tablespoons of oil, 1 teaspoon of salt, $\frac{1}{2}$ teaspoon of pepper. Set it away in a

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cold place for 2 or 3 hours. Scrape and wash enough of the tender, white celery to make 1 quart. Cut this, with a sharp knife, in pieces about half an inch thick. Put these in the ice chest until serving time. Make the mayonnaise dressing. Mix the chicken and the celery together, and add half of the dressing. Arrange in a salad bowl or on a flat dish, and pour the remainder of the dressing over it. Garnish with white celery leaves; or, have a jelly border, and arrange the salad in this. Half celery and half lettuce is often used for chicken salad. If, when the chicken or fowl is cooked, it is allowed to cool in the water in which it is boiled, it will be juicier and tenderer than if taken from the water as soon as done.

SALADS.

LOBSTERS.

Be sure they are alive. Small ones, heavy for their size, are the best. Those with hard shell, streaked with black, are full of meat. If they are bought after being cooked, the tail should spring back quickly when straightened, otherwise the lobster was dead before cooking.

Cook in boiling water from 20 to 30 minutes, according to the size; when done, place in cold water. If cooked too long they will be tough.

Break off the claws, separate tail from body, and body from shell, leaving the stomach, or lady, in the shell. Save the coral, crush the tail by pressing the sides together; then, pull, or cut it open, on the under side, and take out the meat in one piece, remove the canal, which runs the entire length. Break off the gills on the body before picking the meat from

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the joints. The gills, stomach and canal are the only parts not eaten. The latter varies in color from almost black to pink or white. Break the body in the middle lengthwise and pick the meat from the joints. Pound the claws carefully, so the meat may be removed without being crushed.

The meat should not be kept more than 18 hours after cooking. Season with salt and cayenne, pack in a covered jar and place on ice. If French dressing is to be used on the meat, omit salt and cayenne from that recipe.

FRENCH DRESSING.

One-quarter teaspoon of salt, $\frac{1}{8}$ teaspoon of pepper, 1 tablespoon of vinegar, 3 tablespoons of oil.

Pour the ingredients into a bottle and shake well.

MAYONNAISE DRESSING.

One teaspoon of mustard, $\frac{1}{2}$ teaspoon of salt, yolks of 2 eggs, 1 cup of olive oil, 2 tablespoons of vinegar or lemon juice, cayenne.

Mix mustard, salt, cayenne, until well-blended. Add the yolks; then, add a few drops of oil, beating with an egg beater or a wooden spoon.

When it begins to thicken add a little vinegar; then, alternately the remainder of the oil and the vinegar. It should be a thick dressing. If it curdles, take the yolk of an egg and add gradually the dressing to it, beating until all is used.

POTATO SALAD.

Cut cooked potatoes into cubes. Use French dressing in sufficient quantity to cover them. Small pieces of onion may be used with it, or onion juice added to the dressing. Boiled dressing may be used over the potatoes.

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BACON FAT SALAD DRESSING.

Cut $\frac{1}{4}$ -pound very fat bacon or ham into small dice. Fry gently till the oil burns a very light brown color; remove from the fire and add 1-3 vinegar to 2-3 bacon fat. Pour over the salad, already seasoned with pepper, salt and such herbs as are wished. If the bits of bacon are objectionable, pour through a strainer, but their savory crispness is generally an improvement.

Anyone who does not like the taste of butter will find it an improvement for dressing vegetables.

WATERCRESS SALAD.

Watercress is a very acceptable spring salad plant, and its pungent flavor is considered a good whet for jaded appetites. A plain salad dressing is the most appropriate. Small herbs may be added if liked.

DELAWARE SALAD.

Choose soft, yet firm, curd of cottage cheese, cut in inch dice, season with salt, pepper and cayenne and serve on lettuce with mayonnaise dressing.

COLD MEAT SALAD.

Cut the cold meat into very thin slices. Chop 1 small onion and 1 tablespoon of parsley. Mix in a salad bowl with 2 tablespoons of oil, 1 tablespoon of mild vinegar, mustard, pepper and salt. Cover and let stand 2 hours; then, serve garnished with parsley and pickles.

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SALADS.

NUT SALAD.

Mix 1 cup of chopped English meats with 2 cups celery or shredded lettuce leaves; arrange on lettuce, and serve with mayonnaise dressing.

FRUIT SALAD.

To 1 package of gelatine, add 1 pint of cold water, the juice of 4 lemons, the grated rind of 1 lemon. Let stand 1 hour—add 1 pint of boiling water, 2 cups of sugar. Let boil and strain through a cloth into a mould. When about to congeal stir in fruit. 1 pound white grapes, seeded; ½-pound of candied pineapple, ½-pound of candied cherries, cut in pieces. Let stand on ice to cool and harden; then, serve.

TOMATO SALAD.

Pour boiling water over 4 or 6 tomatoes, and let it stand a moment. Pour off, and add cold water, slip off the skins, slice, and set away to become cold. Serve with the cold dressing. If desired, the slices of tomatoes may be served on lettuce leaves.

CHESTER SALAD.

One cup of sour apples, 1 cup of celery, 1 tablespoon of lemon juice, ½ cup of walnut meats, broken into pieces. Cut apples in thin slices; cut celery in small pieces. Dust with salt and pepper. Mix with mayonnaise or boiled dressing.

FARMER'S SALAD.

In spring and early summer the tender plants of dandelion are most appetizing and wholesome salad. Pick over and wash carefully; lay in cold water 4 hours to become crisp. Break coarsely and serve with bacon dressing.

You can add fresh-made cottage cheese, salt, pepper, vinegar and young onions.

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TOMATO CATSUP.

Boil ripe tomatoes 1 hour; strain through a sieve. To 1 quart of juice add 1 tablespoon of cinnamon, 1 tablespoon of black pepper, $\frac{1}{2}$ tablespoon of cayenne, 1 tablespoon of ground mustard, $\frac{1}{4}$ cup of salt. Boil 3 hours. Then, to each quart of juice add 1 pint of cider vinegar and boil $\frac{1}{2}$ hour longer. Bottle hot.

COLD TOMATO CATSUP.

One-half peck ripe tomatoes, peeled, not scalded; chop fine, let settle and pour off part of the juice; add 2 roots of horseradish, grated fine; scant $\frac{1}{2}$ cup of salt, 1 cup of ground mustard, 2 red peppers, chopped, take out seeds; 1 small cup of chopped onions, 1 teaspoon of red pepper, 2 stalks of celery, chopped, or celery seeds; 1 heaping tablespoon of cinnamon, 1 cup of brown sugar, 1 quart cider vinegar; stir well and bottle.

CURRENT CATSUP.

Three pounds sugar, 5 pounds currants, 1 teaspoon of cloves, $\frac{1}{2}$ -pint vinegar.

One teaspoon cinnamon, 1 of salt and of allspice, and 1 of black and red pepper, mixed. Boil $\frac{1}{2}$ hour. Bottle and seal.

GRAPE CATSUP.

Five pounds of ripe grapes, $2\frac{1}{2}$ pounds of brown sugar, 1 tablespoon of pepper, 2 cups of vinegar, 2 teaspoons of salt, 2 blades of mace, 1 tablespoon each of cinnamon, whole cloves and allspice.

Put the grapes through a press or mash them into a pulp, add the sugar, vinegar, salt and spices. Boil until thick as ordinary catsup, remove the whole spices and bottle while hot.

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MUSHROOM CATSUP.

To each pint of mushroom liquor take $\frac{1}{2}$ -ounce of pepper corns, $\frac{1}{4}$ -ounce of allspice, $\frac{1}{4}$ -ounce of ginger root, $\frac{1}{4}$ -ounce of cloves, 1 blade of mace.

Fresh mushrooms should be used. Look them over carefully and put in an earthen jar with alternate layers of salt. Let them stand for 24 hours in a warm place. Put the mushrooms through a press. Cut the ginger root into small pieces. Measure the mushroom liquor and add the pepper corns. Simmer 40 minutes; add the spices and boil 15 minutes. Take from the fire and cool. When cool, strain through a cloth, bottle and seal.

CUCUMBER PICKLES.

Make a brine of 1 gallon of water and 1 cup of fine salt. Pour the brine hot over the cucumbers for 9 mornings; then, rinse in cold water and scald in alum water; put them in vinegar with spices, and nearly boil. Add peppers and onions, if liked.

CHILI SAUCE.

One peck of tomatoes, 3 large onions, 3 peppers, 1 tablespoon of allspice, cloves and cinnamon, 2 nutmegs, 2 tablespoons of salt, 1 quart of vinegar, 1 cup of sugar. Chop onions and pepper very fine. Cook the tomatoes about 45 minutes; then, add the rest of the ingredients and cook about 30 minutes. Mix thoroughly and bottle hot.

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PICCALILLI.

One peck of green tomatoes, seeded; 2 large heads of cabbage, 3 green peppers, 1 small teacup of salt. Chop fine and mix well and put in a colander to drain over night. In the morning cover it with a good cider vinegar and let it boil until soft; drain off vinegar and put in 1 tablespoon each of mustard, ground cloves and allspice, 2 pounds of sugar and 3 pounds of onions, chopped fine, if you like; cover nicely with cider vinegar and let it boil a few minutes. Put into a stone jar and lay on top of it a thin, white cloth. Put an old plate on to keep it under vinegar.

CHOW-CHOW.

One peck green tomatoes, 5 onions, 6 green peppers, with seeds; all chopped fine, sprinkled with $\frac{1}{2}$ -pint of salt, and let stand over night. In the morning drain and cover with good cider vinegar cold, cook slowly 1 hour; then, drain and pack into jars. Take 1 pound of brown sugar, $\frac{1}{4}$ cup of mustard, 1 tablespoon of cinnamon, 1 teaspoon of black pepper, $\frac{1}{2}$ -pint of horseradish, with vinegar enough to cover.

BUTTERS.

PEANUT BUTTER.

Hull the peanuts, take off the skins and run them through a food chopper, using the finest knife; then should be run through about 3 times, or until they form a paste; season to taste. 1 quart of peanuts will make about 1 glass peanut butter.

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DATE AND NUT BUTTER.

Remove the pits from $\frac{1}{2}$ cup of dates or figs. Hull 1 quart of peanuts and take off the skins and run through a food choper, using the finest knife, until it is a paste.

RAISIN BUTTER.

Three pounds of raisins, 1 pound of almonds, ground together; to form a paste add a little cream and whatever seasoning you wish.

FAIRY BUTTER.

Mix thoroughly 3 hard-cooked eggs with 2 tablespoons of sugar; beat into this 4 tablespoons of fresh butter and flavor to taste with vanilla.

PARSLEY BUTTER.

Add 1 teaspoon of salt, a speck of pepper and a tablespoon of finely-minced parsley, to a $\frac{1}{2}$ cup of butter. Cream together and gradually beat into this 1 tablespoon of lemon juice.

SALTED ALMONDS.

Blanch $\frac{1}{2}$ -pound of almonds by pouring over them 1 pint of boiling water; let stand 3 minutes. Drain and cover with cold water. Remove the skins and dry the almonds on a towel. Fry in hot butter. Drain on paper and sprinkle with salt.

SALTED PEANUTS.

Salted peanuts are prepared the same as salted almonds.

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SANDWICHES.

Sandwiches may be made of white, whole wheat, Graham or brown bread, with any kind of meat, fish, salad, eggs, some vegetables, jams or chopped nuts, and spread with butter or mayonnaise dressing. Fish should be flaked very fine with a fork, and mixed with a fork, to a paste with the seasonings.

The bread should not be too fresh to cut well, nor will actually stale bread make good sandwiches. It is best when about a day old, should be of a fine grain, and be trimmed to good shape before the sandwiches are cut.

The crusts should not be left on, but removed, dried and put through the chopper for crumbs. The butter must be absolutely fresh and good, for, in softening, that the bread may be properly spread, any foreign flavor or odor will be brought out. For meat, fish, salad and egg sandwiches the bread should be cut in squares, oblongs or triangles; for jam and nut sandwiches it is usually cut round.

It is usually better to spread the bread with butter before cutting off each slice. This is not necessary when mayonnaise dressing is used. Chop the meat fine, season to taste with salt, pepper, chopped mustard, if desired; onion or celery extract, or any other of the various seasonings.

The white meat of chicken or turkey, or veal, after being chopped, may be mixed with the equal quantities of the yolks of hard-boiled eggs, mixed smooth with cream or melted butter. Season to taste.

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FLOWER, FRUIT OR VEGETABLE BUTTER.

Wrap new, fresh butter in paraffin paper. Place a thick layer of the desired blooms, leaves or vegetables in the bottom of a bowl, put the butter on top of this; then, cover thickly with more leaves. Cover the bowl as tightly as possible and set away in a cool room for at least 3 hours. The result will be faintly suggestive of the blossoms, leaves or vegetables.

EGG SANDWICHES.

Chop the whites of hard-boiled eggs very fine. Mix the yolks smooth with well-seasoned mayonnaise dressing; add the whites and spread on the bread.

TONGUE SANDWICHES.

Smoked tongue makes delicious sandwiches, if sliced very thinly and put between pieces of buttered rye or white bread. Mustard may be used with them, if liked.

PICNIC SANDWICHES.

Cut thin slices from a tender, cold, roast leg of lamb. Lay the slices together and cut them into small bits. Lay them on thin slices of fresh bread and butter; spread the corresponding slice with thick mint sauce and put the two together.

CELERY SANDWICHES.

Butter the bread on the loaf, having first creamed the butter. Cut off the crusts and, beginning at 1 corner of the slice, roll it tightly over 2 sticks of celery. The butter will hold it together. The celery should be broken into thin strips about the size of the smallest stalk, toward the leaf end, and also cut an appropriate length.

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RAISIN SANDWICHES.

Chop fine 1 cup of seeded raisins and 1 cup of any kind of nut meat. Mix with a little melted butter or sweet cream and spread between well-buttered pieces of bread.

SALMON SANDWICHES.

Spread 4 rather thick slices of bread with cream cheese and salmon chopped up fine, putting the cheese on both sides of the salmon, to make the slices stick together.

MAGGIE'S SANDWICHES.

Take equal measures of chopped ham and mayonnaise dressing; add as much fine chopped onion as is desired and mix thoroughly. Spread upon bread, sliced thin, and with crusts removed, taking care not to spread the mixture too close to the edges of the bread. Press the slices together in pairs. Rye bread is preferable for these sandwiches.

DEVEILED HAM SANDWICHES.

One cup of cold, boiled ham, 1 teaspoon of lemon juice, yolks of 2 hard-boiled eggs, $\frac{1}{4}$ teaspoon of mustard, 3 teaspoons of melted butter.

Chop the ham fine. Rub the yolks of the eggs smooth with the butter, mix with the ham, mustard and lemon juice, and season to taste. Spread on thin slices of bread. Fold together or roll.

FISH SANDWICHES.

Fresh fish should be flaked fine, seasoned with salt and pepper; chopped pickle, lemon juice, celery or onion extract, and mixed with mayonnaise dressing, or moistened with a sauce.

Anchovies, sardines or salt fish are beter pounded to a paste and moistened with lemon juice.

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VEGETABLE SANDWICHES.

These are very refreshing with cold meats. Tomatoes, cucumbers, lettuce and watercresses are most commonly used.

Tomatoes or cucumbers should be chopped and mixed with a mayonnaise. Spread the bread with butter, cut delicate slices and spread with the vegetable. Put together and serve.

Lettuce and watercress should be shredded. Spread the bread with mayonnaise and mix the lettuce or watercress with a French dressing.

Vegetable sandwiches should be served as soon as possible after making.

CHEESE SANDWICHES.

Grate the cheese fine. Rub it to a paste with melted butter, season with salt and pepper and spread on the sandwiches.

SWEET SANDWICHES.

These may be made with marmalades, jam or jellies, anything which will spread without running. Lemon juice or extract flavorings may be used, if desired.

NUT SANDWICHES.

Reduce the nuts to a paste with a food chopper, using the finest knife. Season to taste with salt. Spread on thin slices of bread.

OLIVE SANDWICHES.

Stone and mince olives, seasoning them with pepper; then, pound them to a smooth paste. Cut some thin slices of bread and butter, and spread half with the pounded olives and the other half rather thickly with finely-chopped tongue. Press the two together lightly.

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DATE SANDWICHES.

Mix equal amounts of date pulp and finely-chopped English walnut meats. Moisten slightly with a little sweet cream or soft butter, spread the mixture smoothly on thinly-sliced whole wheat bread, cover with another slice and press lightly to make them hold together.

If you wish to you can use figs instead of dates; it is excellent.

PEPPER SANDWICHES.

Chop finely green bell peppers, mixed with a few chopped olives and mayonnaise dressing to make a paste. Spread between slices of bread cut very thin.

CHESTER SANDWICHES.

For afternoon tea try orange marmalade, pecan nuts and cream cheese, mixed thoroughly, and spread between thin slices of white bread, slightly buttered. These should be made into two long, narrow sandwiches. Any kind of marmalade or nuts can be used.

WALNUT SANDWICHES.

An appetizing filling for sandwiches is made by mixing equal parts of Swiss cheese (grated) and chopped English walnut meats with sufficient softened butter to form a paste. Season with salt and cayenne, as needed.

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CANDIES.

PEANUT BRITTLE.

Shell, skin and chop fine, 1 quart of peanuts or enough to make 1 cup of nut meats. Place 1 cup of water in a saucepan without water and heat gradually, stirring all the time, until the sugar is completely melted. Mix the peanuts in thoroughly, pour out on an inverted tin, unbuttered; then, shape into a square with 2 broad knives. When the candy begins to hold its shape, mark into small squares and continue to shape it and remark it until it hardens.

BUTTER SCOTCH.

One cup of light brown sugar, $\frac{1}{2}$ cup of hot water, 1 tablespoon of butter, 1 tablespoon of vinegar; boil about 20 minutes, testing in cold water; when it begins to thicken it can be flavored by adding $\frac{1}{2}$ teaspoon of lemon or vanilla, if desired. Pour on buttered plates and mark into squares as it cools.

CHOCOLATE CARAMELS.

One and one-half pounds of brown sugar, 1 cup of cream, 1 tablespoon of butter, $\frac{1}{2}$ cake of chocolate. Mix all together and let cook, stirring frequently until done. Drop a little in water; if done, it hardens at once. Just before pouring in pan flavor with vanilla or lemon. Pour in a buttered dish and, before it gets perfectly cold, cut in squares by running a knife across the dish. It will break when cold.

SOFT CARAMELS.

Make either with or without nuts. Whites of 2 eggs, beaten stiff; $\frac{1}{2}$ cup of cornstarch, 8 tablespoons of pulverized sugar. Stir until stiff enough to manipulate with the hands; then, work just with the fingers.

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COCOANUT CARAMELS.

One cocoanut grated fine; take the milk of the cocoanut and add sufficient water to make 1 pint; to this add 3 pounds of white sugar. When it boils up well, add $\frac{1}{2}$ teaspoon of cream of tartar, dissolved in a little water; boil until it will make a soft ball when dropped in water; then, add the grated cocoanut. Remove from the fire and beat until it begins to get white—if beaten too long it will crumble; pour into shallow pans and, when partly cold, cut in squares.

MAPLE CREAMS.

One cup of maple sugar, $\frac{1}{2}$ cup of cream or milk, lump of butter; boil until it brittles in cold water. Let stand until cool; then, beat to a cream. Put in buttered tins and cut in squares.

ENGLISH KISSES.

Whites of 2 eggs, beaten dry and stiff; $\frac{1}{2}$ -pint of granulated sugar, 1 teaspoon of vanilla, mix thoroughly; drop in drops on greased manilla paper and lay half kernels of English walnuts on the top. Bake a light brown.

MOLASSES CANDY.

One quart good molasses, $\frac{1}{2}$ cup of vinegar, 1 cup of sugar, butter the size of an egg, 1 teaspoon of baking soda. Boil molasses, sugar and vinegar until it hardens when dropped in cold water; then, add butter and the soda, dissolved in hot water; flavor to taste. Pour in buttered dishes and pull when cold.

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TAFFY.

Put into a pan $\frac{1}{2}$ cup of butter, 2 cups of brown sugar and the juice of a lemon or 4 tablespoons of vinegar; stand it over a moderate fire. Stir until it begins to bubble; then, draw it to one side of the stove and let it boil slowly. Test occasionally by dropping a little into cold water. If it hardens at once, it is done. Stir in shelled peanuts or walnuts and pour into buttered pans.

PEPPERMINT DROPS.

One-half cup of sugar, $\frac{1}{2}$ cup of water, 1 teaspoon of vinegar; boil until done; then, beat fast with a fork. Before it gets cold add 5 drops peppermint oil; beat thoroughly; let fall in drops on buttered paper.

WALNUT MACAROONS.

One cup walnut meat, chopped fine; 1 cup of sugar, a little salt, 3 tablespoons of flour. Cook in a buttered tin in a slack oven. When done cut in small squares and lift from tin while warm.

POP-CORN BALLS.

Pop the corn and reject all the kernels; place in a large pan. To 8 quarts of corn take 1 pint of sugar, scant $\frac{1}{2}$ teaspoon cream of tartar, and a little water. Boil all together until it hardens when dropped in water; then, pour over the corn and make into balls.

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FUDGE.

Two cups of granulated sugar, 1 tablespoon of butter, 1 cup of cream, $\frac{1}{4}$ cake of chocolate, 1 teaspoon of vanilla.

Put in the sugar and cream, and when this becomes hot put in the chocolate, broken in fine pieces. Stir vigorously and constantly. Put in butter when it begins to boil. Stir until it creams when beaten on a saucer. Then, remove and beat until quite cool and pour into buttered tins. When cold cut in diamond-shape pieces.

One cup of walnut meats added while being beaten makes it delicious.

LEMON CANDY.

Put into a kettle 1 pound of sugar, 1 cup of water, $\frac{1}{2}$ teaspoon cream of tartar. Let it boil until it becomes brittle when dropped in cold water; take off the fire and pour in a shallow pan which has been greased with a little butter. When this has cooled so that it can be handled, add $\frac{1}{2}$ teaspoon of tartaric acid and same quantity of extract of lemon, and work them into the mass. The acid must be fine and free from lumps. Work this in until evenly distributed, and no more, as it will tend to destroy the transparency of the candy.

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BEVERAGES.

GENERAL RULES.

One quart is equal to 4 cups; 16 tablespoons is equal to 1 cup; 3 teaspoons is equal to 1 tablespoon.

Use 2-3 Java and 1-3 Mocha coffee.

Heat the coffee before using.

Scald the coffee or teapot before using; also the coffee bag.

If a coffee bag is used, it should be washed with cold water and dried in the fresh air. The bag should be renewed frequently.

Use freshly boiling water for tea and coffee.

Wash eggs before breaking.

If lemon is used in tea, wash, cut in thin slices and remove the seeds.

If milk is used in coffee it should be heated.

Coffee cups should be heated.

One square of Baker's chocolate is 1 ounce.

BOILED COFFEE.

One cup of coarsely ground coffee, $\frac{1}{2}$ cup of cold water, 1-3 white of an egg and 1 egg shell (crushed), 5 cups of boiling water, $\frac{1}{2}$ cup of cold water.

Mix the coffee with $\frac{1}{2}$ cup cold water, white of egg and shell, add boiling water. Boil 8 minutes, remove to the back of the stove, pour out 1 cup of coffee and return it to the coffee pot, add $\frac{1}{2}$ cup cold water and settle 5 minutes.

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BLACK COFFEE.

One cup of finely ground coffee, 5 cups of boiling water.

Put the coffee into the upper part of a filter coffee pot and pour the boiling water slowly through it. The coffee pot must be kept hot while the coffee is being made. Filtered coffee may be made with $\frac{1}{2}$ cup of coffee.

CEREAL COFFEE.

One cup of cereal coffee, $\frac{1}{2}$ cup of cold water, 5 cups of boiling water.

Mix the coffee with cold water, add the boiling water; boil 20 minutes; settle 5 minutes and serve very hot.

TEA.

One teaspoon Ceylon or 2 teaspoons of Oolong tea, 2 cups of boiling water.

Put the tea in the teapot and pour the boiling water over it. Steep 5 minutes. Strain and serve hot or iced.

CHOCOLATE.

One quart of milk or 1 quart of milk and water mixed, 2 ounces of chocolate, 1-3 cup of sugar.

Melt the chocolate over hot water, add the sugar and then the hot liquid, slowly. Boil 5 minutes directly over the heat; beat well and serve. A thicker drink may be made by using 4 ounces of chocolate. If the chocolate is sweetened, omit the sugar.

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RICH CHOCOLATE.

Four ounces of chocolate, 4 tablespoons of granulated sugar, $\frac{1}{4}$ cup of hot water, 1 quart of scalded milk, 1 teaspoon of vanilla, whites of 3 eggs, 1 pint of thick cream, 1-3 cup of powdered sugar.

Grate the chocolate, add the granulated sugar and hot water and cook until smooth and glossy. Beat in the hot milk very slowly. Whip the cream until thick. Beat the whites of the eggs until dry, add to them the powdered sugar and fold the cream into the egg and sugar. Add the cream mixture to the chocolate with the vanilla and beat while the cream is heating. Serve at once with whipped cream.

COCOA.

One-quarter cup of cocoa, $\frac{1}{4}$ cup of sugar, 1 cup of water, 3 cups of milk.

Mix the cocoa and sugar with the water and boil 10 minutes; stir this into the hot milk; then, cook in the double boiler $\frac{1}{2}$ an hour.

ICED TEA.

Make the tea a little stronger. Sugar it to taste, put in a slice or two of lemon and some of the juice and some pieces of cracked ice. Serve in glasses.

SUMMER DRINKS.

GRAPE JUICE.

Stem 6 quarts of grapes and put them over the fire, with 1 quart of water; bring slowly to a boil and strain. Return the juice to the fire, bring again to a boil, bottle and seal while scalding hot.

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WILD CHERRY CORDIAL.

One quart of wild cherries, 4 pounds of sugar, 3 quarts of boiling water; let stand in a jar or crock 3 months; then, strain. Then, add 1 cup of currant juice or 1 glass of currant jelly, 3 cups of hot water and sugar to taste. Serve cold.

BLACKBERRY CORDIAL.

To 1 quart of blackberry juice take 1 quart of syrup made as directed, 2 teaspoons of ground cloves, 1 teaspoon of mace, 1 teaspoon of allspice, 4 teaspoons of ground cinnamon.

Add the fruit juice and spices to the syrup and boil until a syrup is formed. Take from the fire and cool. When cool add 1 pint of brandy to every quart of fruit juice used; strain through a muslin bag; bottle and cork.

CHERRY SYRUP.

Two cups of granulated sugar, 2 cups of cold water, 2 cups of cherry juice.

Stone the cherries. Dissolve the sugar in the water, add the cherries and their juice, and cook 10 minutes. Take from the fire and put through a press. Return to the fire and boil until a thick syrup is formed. Seal when hot. Serve with shaved ice, thinning with cold water to taste.

Raspberry, strawberry, pineapple and blackberry syrup may be made in the same manner. When berries are used, it is better to first put them through a press and strain before cooking.

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LEMON SYRUP.

Take the juice of 12 lemons, grate the rind of 6 in it, let it stand over night; then, take 6 pounds of white sugar and make a thick syrup. When it is quite cool, strain the juice into it and squeeze as much oil from the grated rind as will suit the taste. A tablespoon in a goblet of water will make a delicious drink on a hot day.

RASPBERRY VINEGAR.

To 4 quarts of red raspberries, put enough vinegar to cover and let them stand 24 hours; scald and strain it; add 1 pound of sugar to 1 pint of juice; boil it 20 minutes, and bottle and seal; it is then ready for use and will keep for years. To 1 glass of water add a spoonful. It is relished both by the sick and well.

MILK PUNCH.

One quart of milk, 2 tablespoons of sugar, 4 tablespoons of rum or brandy.

Place the ingredients in a covered glass jar, shake until thoroughly blended.

COLD EGG-NOG.

Four eggs, 4 tablespoons of sugar, 1 quart of milk, 4 tablespoons of brandy. Beat the egg, add the sugar; then, the milk and brandy.

HOT EGG-NOG.

Yolks of 4 eggs, 8 teaspoons of sugar, 1 quart of hot milk, nutmeg, brandy or wine.

Beat the eggs, add the sugar, pour the hot milk over them. Strain and flavor as desired.

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BEVERAGES FOR THE SICK.

BRAN TEA.

To 1 pint of bran add 1 pint of boiling water; let it stand on the back of the stove for an hour, but do not let it boil; strain and serve with sugar and cream, just as you serve coffee.

RHUBARB WATER.

Rhubarb water is a very refreshing drink for the invalid who desires something tart. Wash 1 bunch of rhubarb, but do not peel. Cut in short lengths, put into a bowl, add sugar and boiling water and set away to cool. Strain and serve cold. The skin of the rhubarb will supply a delicate pink color.

BARLEY WATER.

Wash 2 tablespoons of pearl barley, scald with boiling water, boil 5 minutes, strain. Add 2 quarts of cold water, simmer till reduced to one-half. Strain, add lemon juice to taste. Good in fevers.

FLAXSEED TEA.

One-half cup of flaxseed to 1 quart of boiling water; boil 30 minutes and let stand a little while near the fire to thicken. Strain and add lemon juice and sugar.

LIME WATER.

Pour 2 quarts of hot water over fresh, unslacked lime (size of a walnut). Stir till slacked; let stand till clear and bottle. Often ordered with milk to neutralize acidity of the stomach.

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BEEF TEA.

One pound of lean beef, cut fine; put in a glass jar, without water, cover tightly and set in a pot of cold water. Heat gradually to a boil and keep hot for 3 or 4 hours, until the meat is light-colored and the juice is all drawn out. Season with pepper and salt.

CLAM BROTH.

Take 12 small, hard-shelled clams, chop fine; add $\frac{1}{2}$ -pint clam juice, or hot water, a pinch of cayenne pepper, small lump of butter; simmer 30 minutes; add 1 gill boiling milk. Strain and serve.

SLIPPERY ELM BARK TREE.

Break the bark into bits, pour boiling water over it, cover and let it infuse until cold. Sweeten, ice, and take for summer disorders; or add lemon juice and drink for a bad cold.

WINES.

ELDERBLOSSOM WINE.

One quart of elderberry blossoms, 9 pounds of sugar, 1 yeast cake, 3 gallons of water, 3 pounds of raisins, $\frac{1}{2}$ cup of lemon juice.

The blossoms should be picked carefully from the stems and the quart measure packed full. Put the sugar and water together over the fire; stir until the sugar is dissolved; then, let it come to a boil without stirring. Boil 5 minutes, skim and add the blossoms. As soon as the blossoms are well stirred in, take from the fire and cool. When lukewarm add the yeast, dissolved in lukewarm water and the lemon juice. Put in an

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earthen jar and let stand 6 days, stirring thoroughly 3 times daily. The blossoms must be stirred from the bottom of the jar each time. On the seventh day strain through a cloth and add the raisins, seeded. Put into glass preserve jars and cover tightly. Do not bottle until January.

DANDELION WINE (Without Yeast).

Take 2 quarts of flowers and 4 quarts of boiling water; pour the water on the flowers and let stand 10 hours; strain through a cloth; then, add 4 pounds of sugar and the juice of 2 lemons. Put in a jug and let ferment and when done fermenting pour out; cleanse the jug and pour back and cork tightly. Keep some of the mixture on hand while fermenting to fill up with, so the jug is full all the time.

DANDELION WINE (With Yeast).

Three quarts of dandelion blossoms to 1 gallon of water. Boil $\frac{1}{2}$ hour; then, strain it and add 3 pounds of sugar. Boil a few minutes. Let it cool and add 2 lemons and 1 orange, sliced, and 1 cup of baker's yeast; then, let it ferment. When clear bottle.

CURRENT WINE.

The currants should be quite ripe. Stem, mash and strain, adding $\frac{1}{2}$ -pint of water and a little more than a pound of sugar to a quart of the mashed fruit. Stir together well and pour into a clean cask, leaving the bunghole open, or covered with a piece of lace. It should stand for a month to ferment, when it will be ready for bottling.

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ELDERBERRY WINE.

You may brew it of the berries as you would cherry wine, or that made from currants. This is highly medicinal and less pleasant of flavor than that made from the blossoms.

GINGER BEER.

Dissolve 2 pounds of granulated sugar in 2 quarts of boiling water; add 2 ounces of ginger root, chopped; 1 ounce of cream of tartar, 2 lemons thinly sliced and let stand till almost cold. Then, add 4 quarts of cold water, 1 yeast cake and the beaten whites of 2 eggs. Stand in moderately warm place 24 hours; then, strain, bottle and seal. Ready for use in about 3 days.

ROOT BEER.

Two and one-half cakes of yeast, $1\frac{1}{2}$ tablespoons of sugar, $\frac{1}{2}$ -pint lukewarm water, $\frac{1}{2}$ bottle rootbeer extract, $2\frac{1}{2}$ gallons pure, fresh water, slightly lukewarm; 2 pounds of sugar.

Dissolve the yeastcakes and 3 tablespoons of sugar in the $\frac{1}{2}$ -pint of lukewarm water. Keep in a warm place for 12 hours; then, stir well and stir through a piece of cheese cloth.

Add $\frac{1}{2}$ bottle of rootbeer extract, 2 pounds of sugar and $2\frac{1}{2}$ gallons of lukewarm water. Mix thoroughly and bottle and seal. Keep in a warm place 48 hours. After cooling it is ready for use.

Keep in cellar or place of low temperature.

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NETTLE BEER.

One-half peck of nettles, 5 gallons of water, 2 pounds of sugar, 1 pint of yeast or 5 yeastcakes.

Boil the nettles 15 minutes; strain, sweeten and add the yeast; then, let it stand 12 hours; skim and bottle.

DANDELION BEER.

Made the same as nettle beer, but put in 3 pounds of sugar instead of 2 pounds of sugar. They are both good spring tonics.

HOME-BREWED ALE.

One peck of malt, $\frac{1}{4}$ -pound of hops. Boil the malt 2 hours in 6 gallons of water. Strain on the hops and boil for 2 hours. Put in 1 teacup of salt to each gallon of liquid. Strain and put in 1 pound of brown sugar and $\frac{1}{2}$ -pint of molasses. Then, boil together 1 hour; strain it and put in 1 pint of brewer's yeast or 5 yeastcakes and let stand 12 hours. Then, skim, put into a keg and let stand 24 hours. Bottle.

This is a recipe for the real English home-brewed ale; it has been used for many generations.

LEMON WINE.

To 1 gallon of water put 3 pounds of sugar, boil it $\frac{1}{4}$ of an hour, and skim well and pour it on the rinds of 4 lemons, pared very thin; make the juice into a thick syrup, with $\frac{1}{2}$ -pound of the above sugar; take a slice of toasted bread and spread on it a yeastcake, put it in the liquor when lukewarm and let it work 2 days; then, turn it into the cask; let it stand 3 months and then bottle it.

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ORANGE WINE.

One gallon of water, $2\frac{1}{2}$ pounds of sugar; beat the white of an egg and boil all three for an hour and skim well. When it is cool enough for working add 2 lemons and the juice and rind of $\frac{1}{2}$ -dozen of oranges. Let it work 2 days and 1 night; put in large demijohn and bottle in 3 months.

QUINCE WINE.

One-half peck quinces and wash and grate them as near to the core as possible without touching the core; put them in 1 gallon of water and boil for $\frac{1}{4}$ of an hour; then, strain it on 2 pounds of granulated sugar. Take 2 large lemons, put in the peel and squeeze the juice through a sieve; stir until it is cool. Put in 1 yeastcake and a toasted piece of bread and let stand 24 hours; then, take out the toast and lemon peel, skim and turn into a keg. Bottle in 6 months.

CHERRY WINE.

Pull the cherries, when full ripe, off the stalks and press them through a hair sieve; to every gallon of liquor put 2 pounds of sugar, stir it together and put it in a vessel; it must be full. When it has done working and making a noise, stop it close for 3 months and bottle it.

APRICOT WINE.

Boil 6 pounds of sugar in 6 quarts of water, skim it well; then, put in 12 pounds of apricots, pared and stoned, and boil them till they are tender. Strain the liquor from the apricots and put into demijohn and bottle as soon as it is fine. Cork it well and keep it in cellar for use.

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BLACKBERRY WINE.

Four quarts of ripe blackberries and crush them through your hands; boil 2 gallons of water with 4 pounds of sugar, $\frac{1}{4}$ of an hour; skim it well and pour it on the blackberries and let it stand all night; then, strain it through a hair sieve. Put into the cask 1 pound of chopped raisins; then, put the wine into the cask with a little cider and close it up; let it stand 6 months and then bottle it.

GINGER WINE.

To 1 gallon of water put 2 pounds of sugar; boil it $\frac{1}{4}$ of an hour, and skim it well. When the liquor is cool squeeze in the juice of 2 lemons; then, boil the peel with 2 ounces of ginger in 3 pints of water 1 hour; when it is cold put all together into a barrel, with 1 cake of yeast and 1 pound of raisins; then, close it up; let it stand seven weeks and bottle it. The best season to make it is the spring.

GRAPE WINE.

Crush 10 pounds of grapes and cover with water; let it stand 2 weeks with a cheese cloth cover; then, put it into the cask; to each gallon of juice add 3 pounds of sugar. Put in a toasted piece of bread and let stand 6 months; then, bottle.

RASPBERRY BRANDY.

Crush raspberries and strain until you have 1 quart of juice; add 2 quarts of good brandy; boil 1 quart of water 5 minutes, with 1 pound of sugar in it, and pour it boiling hot over the raspberries; let it stand 1 month or 6 weeks; when fine, bottle.

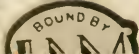
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